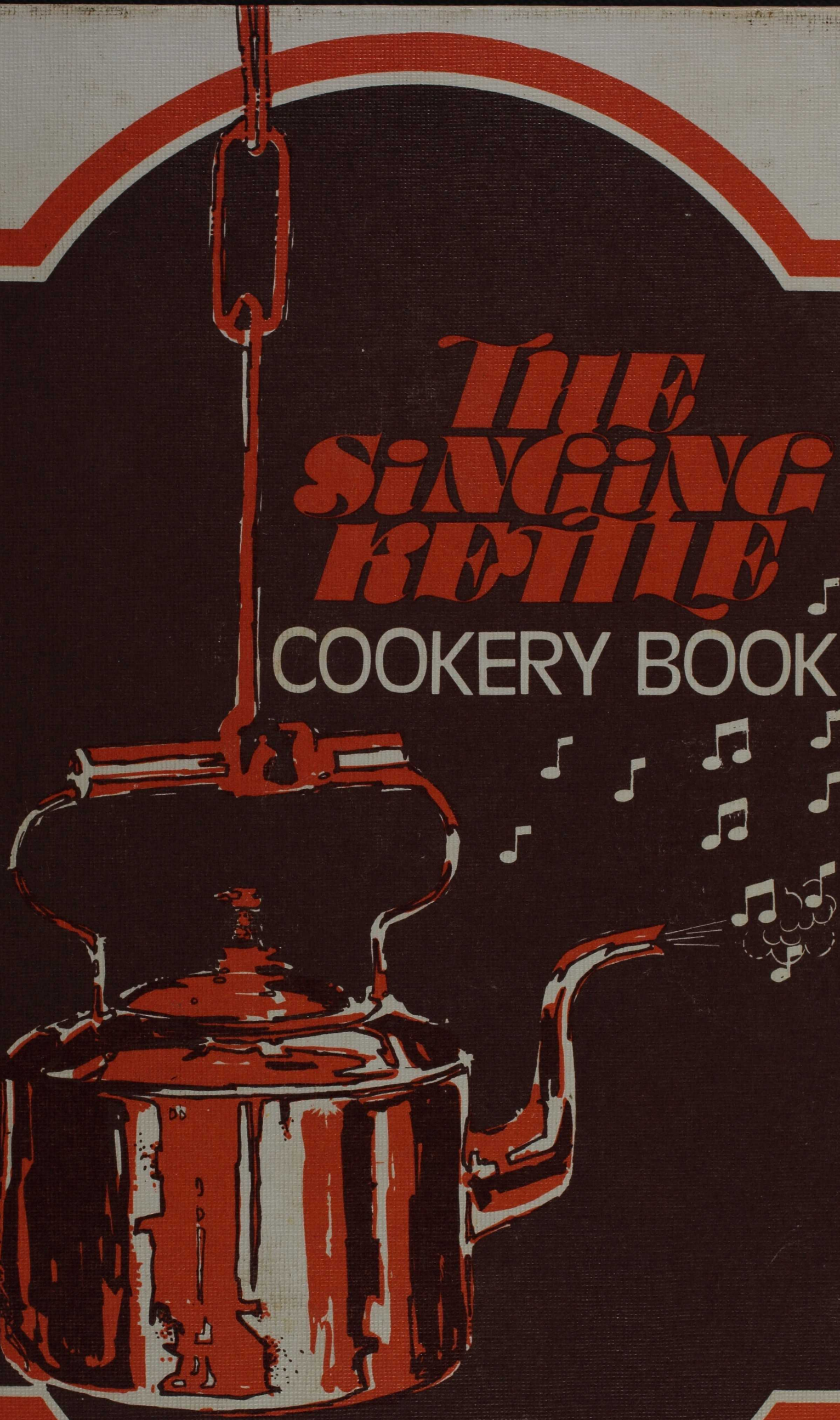
THE SINGING KETTLE

COOKERY BOOK



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The Singing Kettle

COOKERY BOOK

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PUBLISHED UNDER THE AUSPICES OF
THE
UNION OF JEWISH WOMEN
PORT ELIZABETH

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THIRD EDITION
1976

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Price R3,95
Plus 30c Postage and Packing

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Available from:

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C/o The Friendship Club, 42 Clyde Street,
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Happy Cooking
and Good Eating

With Best Wishes

From .....

To .....

Preface

It is with great pleasure that I present the third and enlarged edition of "The Singing Kettle", published under the auspices of the Area Executive of the Union of Jewish Women of Port Elizabeth.

In compiling this edition I have concentrated on two points, one being the complete conversion to metrication, and the other to comply with requests for low cholesterol recipes. I have tried to adopt the simplest form of metrication, bearing in mind that the housewife usually uses measuring cups and spoons as everyday measurements. All the recipes have been metricated to millilitres from cups, on a volume basis, and to grams from pounds and ounces, on a weight basis. This mammoth task was undertaken and completed in record time by my son, Jonathan, to whom I offer my heartfelt thanks. Without his help this edition would not have been ready for publication so soon.

Today more and more people are eating meals lower in saturated fat and cholesterol, and higher in polyunsaturated fat, as a routine health measure. This is recommended not only for people with heart trouble, but for anyone, children included, because medical evidence shows that heart trouble may have its roots in early life. The soft margarines, available in tubs, contain less saturated fats and are thus recommended in low cholesterol cooking as a substitute for all fats and butter. Non-animal cooking oils, such as sunflower oil, are also recommended as substitutes for shortening in all cooking, roasting and frying processes. I hope you find the entirely new chapter on low cholesterol cooking of help. You will discover that by only moderate changes in cooking habits your whole family can enjoy meals which are interesting as well as healthy.

You will find all the old recipes from the previous editions in this "Singing Kettle" as well as some new ones very kindly submitted by friends who parted with some of their tried favourites. These appear with their names, and I record my thanks to them, to those people who sponsored the pages, and to everyone who helped me to make this publication possible.

I do not claim that all my recipes are original. They are mainly the result of adaptation and improvisation of recipes I have gathered from many parts of the world. However, I have personally tested them and it is with confidence that I present to you "The Singing Kettle". The funds that accrue from the sale of this book are to be devoted to the many aspects of community services undertaken by us.

For the last ten years, since the first edition was published, I have collected furiously, tested prodigiously, edited relentlessly, experimented continuously, in the hope that this book will be enjoyed and used by you.

Happy cooking
Selma Brodie
Author

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CONTENTS

	Page
"These Ye May Eat"	1
Metric – Imperial Conversions	3
Cooking & Household Hints – "Old & New"	5
Hors D'oeuvres	13
Soups	37
Fish	51
Salads & Vegetables	71
Poultry	101
Meats	129
Passover Section	159
Desserts	173
Cakes	217
Tarts	251
Biscuits	269
Etcetera, Etcetera	295
Low Cholesterol Cooking	321
Index	351

"THESE YE MAY EAT"

It is a great pleasure for me to be associated with this edition of "The Singing Kettle", a recipe book which was compiled with imagination and painstaking effort. It will be a useful acquisition for any woman.

Moreover, the proceeds of this book go towards the funds of the Port Elizabeth Branch of the Union of Jewish Women — an organisation which has an exemplary record of service to the Jewish and Non-Jewish community.

It has long been the opinion of leading theologians, enlightened thinkers and historians that one of the main reasons for the survival of the Jews as a people has been the adherence to the Dietary Laws, or, as they are commonly known, to the Laws of Kashruth, and surely the effort of organising and maintaining a Kosher Kitchen is a small price to pay for the continued survival of a People.

The word Kosher means, literally, "fit", or suitable; anything forbidden is called "Terefah", signifying, originally, a living thing that had fallen victim to a beast or bird of prey, and hence was unacceptable as food, but subsequently the term Terefah was used to cover all unacceptable food.

The Animal Kingdom is divided in Jewish Law into the clean and the unclean:

(1) The clean cattle and beasts are enumerated in Deuteronomy XIV: 4, 5. The general rule is "Whatsoever parteth the hoof and is cloven-footed and cheweth the cud, that ye may eat". (Lev. XI:3).
(2) The forbidden birds are also enumerated in Lev. XI:13—19. Still, since we cannot very well recognise those mentioned (some birds are found in some countries and not in others), we may eat only those birds which are traditionally recognised as clean.
(3) Only fishes that have scales and fins may be eaten.
(4) Almost all kinds of winged animals that creep, going upon all fours, are forbidden. All such as worms, flies and other insects are forbidden. All kinds of shell-fish, such as crabs, oysters and clams, are forbidden.
(5) Every animal, before it is permitted to be eaten, must be slaughtered and prepared according to a certain method.
(6) Cutting of flesh from a living animal is forbidden as inhuman; an animal that has died as a result of natural causes, or one that is killed in any other way than prescribed, is forbidden.
(7) If, after the animal has been slaughtered according to Jewish Law, it is found upon examination, to have suffered from some disease, it is forbidden.
(8) Some parts of the fat of cattle are forbidden.
(9) The hind quarters of animals are not eaten.
(10) The parent animal and its young must not be killed on the same day.

(11) Blood is strictly forbidden as food. Therefore, the blood contained in the animal is to be removed as far as possible by soaking the meat in water (in a vessel kept only for this purpose) for half-an-hour and then placing the meat on a board which is perforated to allow the blood to drain away. The meat must be salted on all sides — a fowl must be salted on the inside as well as on the outside. The meat must be left thus for one hour and then must be washed so that no particle of blood-stained salt can be found on it.

(12) Milk and meat must not be eaten, or served, or cooked together. This is based upon the verse "Thou shalt not seethe the kid in its mother's milk", which is repeated three times in the Torah. (Ex.XXXIV: 19 and 26 and Deut. 21), showing thereby the importance of the Law.

The sages of the Talmud extended this prohibition to include any kind of mixture of meat and milk. Consequently, it is forbidden to cook them together, to use the same vessels and dishes for meat and milk or to derive an advantage from the forbidden mixture whatsoever.

The prohibition of mixing milk and meat means the equipping of the Kosher Kitchen with different sets of pots, pans, cooking utensils, dishes, china, silverware, dish-towels, tablecloths and all other articles used in the kitchen and on the table.

EGGS: A drop of blood on the yolk or in the white of the egg renders it unfit for use, therefore each egg must be opened in a glass and examined before using.

READY MANUFACTURED PRODUCTS: Use only those products which have been passed by the Religious Authorities. This applies not only to meat products but to the manufacture of cheeses, scouring powders used for washing-up, fats, etc. If you have any doubt about the ingredients or manufacture of any product, consult an orthodox Rabbi.

The reader must realise that although I have given only a broad out-line of the Kosher Kitchen, it is not as formidable an undertaking as might be imagined; and to those critics who say there is not enough variety in the kinds of food that Kashruth permits us, I offer them, as an answer to their criticism, the large variety of dishes included in this book. It is also a fact that the most popular dishes are the traditional ones.

As I have said, at the outset it certainly requires some effort to organise and maintain a Kosher Kitchen, but the rewards are to be found in the traditional atmosphere which pervades the home and in the knowledge that it provides an essential Jewish background for the children, and, what is more important, it ensures their Jewish future.

(Mrs.) DOREEN BENDER.

METRIC – IMPERIAL CONVERSIONS

Temperatures:

°C	°F
100	200
120	250
140	275
160	325
180	350
200	400
220	425
240	475
260	500

Length:

3 mm	One eighth inch
6 mm	¼"
15 mm	½"
25 mm	1"
50 mm	2"
100 mm	4"
200 mm	8"
225 mm	9"
250 mm	10"
300 mm	12"

Volume:

1,5 ml	¼ teaspoon
3 ml	½ teaspoon
5 ml	1 teaspoon
10 ml	2 teaspoon
15 ml	(3 teaspoon (1 Tablespoon
30 ml	2 Tablespoon
60 ml	(4 Tablespoon (¼ cup
80 ml	One third cup
125 ml	½ cup
200 ml	¾ cup
250 ml	1 cup
300 ml	½ pint
500 ml	2 cup
600 ml	1 pint
1 ℓ	4 cup
1,25 ℓ	2 pints
2,5 ℓ	2 quarts

Mass:

30 g	1 oz
60 g	2 oz
125 g	4 oz
250 g	8 oz
500 g	1 lb
1 kg	2 lb
2 kg	4 lb

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ESTHER BERNSTEIN (Durban)

GERTIE BERNSTEIN

COOKING AND HOUSEHOLD HINTS – OLD AND NEW

To make crisp croutons for soup, quickly and easily, toast your slices of bread first, then cube and fry in hot fat for a few minutes.

When using water icing to glaze Milchike, try using Rum or Brandy instead of water. The result is most palatable.

When making moulded puddings, to be on the safe side place a square of greased paper in the bottom of the mould. This will ensure that the pudding does not stick to the bottom when turning out. Do the same when baking a large cake.

To ensure a creamy, fluffy consistency in puddings using gelatine and cream, allow both the gelatine mixture and the cream mixture to be of the same consistency before folding the two together. In this way there will never be a "jelly" layer at the bottom of your dessert.

To crisp lettuce — place a piece of coal in the water in which the lettuce is being soaked.

For light crisp pastry in tart-making, use the blade of a knife for combining the flour with the egg-butter mixture. The least handled the better tart pastry will be.

Chops and steaks brushed with oil and allowed to stand two hours before cooking will be tenderer.

To freshen bread — sprinkle loaf or rolls with cold water and place in 150° C oven for about 30 minutes. Do not cover. The crust will be crisp and the inside soft and fresh.

Potato salad with a difference can be made by moulding the potato salad into the shape of a pie shell and filling the hollow with rows of radishes, tomatoes, cucumbers, olives, and piping with whipped cream, salted slightly.

Eclairs filled with a mixture of cream cheese, olives, salted nuts, paprika and salt make an excellent snack to serve with drinks.

Improve toasted cheese and tomato sandwiches by the light sprinkling of Oreganum to your filling.

Bow-noodles boiled in salt water, drained and then fried in deep fat make a pleasant addition to grills.

When skinning fish, dip fingers in salt to prevent hands from slipping.

To keep bread fresh, place a large washed and dried potato in the bread tin.

When poaching eggs, a few drops of vinegar added to the water in which the eggs are poached prevent the eggs from spreading.

Parsley will keep fresh longer if stored in an airtight jar in the fridge. Remember that the flavour is in the stalks, so use these for soups and sauces and keep the heads for garnishings.

When only a few drops of lemon juice are required, make a hole in the lemon and squeeze out the required amount.

Lemon juice squeezed over cut avocado and bananas prevent them from discolouring.

Lemon juice also keeps cauliflower white if a few drops are added to the cooking water.

Cabbage is improved in flavour and colour if a few sprigs of mint are added to the cooking water.

Dry mustard rubbed on hands will remove most unpleasant odours like onion, herring, garlic, etc.

A quick, tasty sauce for vegetables or fish can be made by adding a cup of grated cheese to a tin of Cream of Celery or Mushroom soup. This should be heated gently and then poured over the fish or vegetables.

Gelatine is dissolved by moistening with cold water and then placing it in a container of hot water over heat till dissolved.

Cream which will not beat because it is too fresh will beat with the addition of a pinch of Cream of Tartar.

Cakes of soap placed in a linen cupboard prevent mildew and fish-moth.

Before cleaning the oven, place a dish of water with Scrubb's Ammonia in the closed oven overnight. This makes cleaning easier and more effective.

When glass baking dishes become discoloured, soak them in a strong solution of borax and water.

When adding eggs to creamed butter and sugar for cake mixtures, always add a little of the flour with each egg. This stops the mixture curdling.

The surface of a cake does not become too hard if a little bowl of water is placed in the oven.

When taking a sandwich cake out of the tin when cooked, stand on a cold wet dish cloth for a few seconds and the cake will turn out more easily.

If the cake sticks to the tin, wring out a cloth in cold water and wrap around the sides and base of the tin and leave for a few moments. The cake will then slip out easily.

If you have made your scone dough too moist, do not stir in more flour and perhaps spoil the scones. Flour your board with cornflour and delicious scones will result.

When peeling and cutting an onion, always work from the root and save your tears.

To roast potatoes with the meat: Par-boil them for about 10 minutes, roll them in seasoned flour (½ cup flour, 1 teasp. salt, ¼ teasp. pepper mixed together). Put them in the dish with the meat about an hour before it is ready and brown them with the meat.

To sharpen scissors quickly, make several long slices in a piece of sandpaper. They cut like a dream then.

When measuring golden syrup, warm your spoon and measuring cup and no syrup will stick.

To remove scorch marks: Boil together 60 g soap with 300 ml white vinegar and a finely chopped onion for 10 minutes. Strain — when cold, apply to mark. Allow to dry — wash as usual.

Fish smells can be eliminated from utensils by soaking in tea leaves before washing.

To stop bleeding from nose — a teaspoon of cream of tartar in a tumbler of cold water taken, will almost immediately stop the bleeding.

To make steak tender, add about half a teaspoon baking powder to 3 tablespoons flour, roll steak in this and leave for half an hour, then fry.

A little dry mustard rubbed into a steak or joint of beef before cooking improves the flavour enormously.

If you add 1 tablespoon tomato sauce and 1 tablespoon Worcester sauce to an ordinary beef stew, it will improve the flavour tremendously.

A pinch of bicarb. added to mashed potatoes makes them fluffier and lighter.

To clean a thermos flask and remove stuffy odour, ¾ fill with warm water, add ½ teaspoon bicarb and shake well.

Half a teaspoon bicarb. added to the water when boiling an old hen helps to make it tender.

A piece of blotting paper in the bottom of the biscuit tin will absorb all moisture and keep the biscuits fresh and crisp.

Put a teaspoon of borax in burned saucepans, fill with water and leave to soak. If the interior of vacuum flask is stained and discoloured, squeeze the juice of half a lemon into the flask, then add the rind and pith torn into small pieces. This will clean the interior and leave it nice and shiny once again.

Eucalyptus is excellent for removing sticky mess from skin after use of elastoplast dressings.

To prevent breaking of a whole hot fish when transferring to a serving platter, line a greased cooking dish or pan with doubled foil, overlapping at both ends. Grease the foil and bake or cook the fish on this. When cooked, use the foil as handles and transfer the fish to platter.

Never use ingredients which have come straight from the fridge when making cakes. Be sure to let them warm to room temperature, otherwise texture may be spoilt.

Too much flavouring essence may make a cake dry; but orange rind or lemon rind help to keep cakes moist.

For a rich golden crust on baked dishes, mix your cheese with toasted breadcrumbs, and sprinkle over before placing under grill.

To prevent eggs from cracking during boiling, add a teaspoon of vinegar to water.

When boiling whole fish, place in cold water or stock, otherwise skin will burst and shrink.

If whole fish will not fit any pan, cut in half and when cooked, put together again. Decorate over the join, or cover with mayonnaise. No one will notice the join!

To prevent a bitter taste in cooked liver, sprinkle with lemon juice before cooking or frying.

When making omelets, do not overbeat eggs — yolks and whites should just blend. Add 1 teaspoon water to make omelet lighter.

Do not use eggs straight from fridge for omelets. This makes them stick to the pan.

If home-made mayonnaise curdles or separates, add the separated mayonnaise drop by drop to a fresh egg yolk and beat till it starts to thicken. Continue till all is blended.

When making soup, do not add all the seasoning at once. Start off with half, then add as much as you wish towards the end of cooking time. This will avoid over-seasoning.

If chocolate suddenly becomes lumpy and rough while melting, add a spoonful of homogenized vegetable shortening, stir and the chocolate will become smooth again.

12 Egg yolks equal approximately 250 ml.

Substitute 2 yolks for 1 whole egg to make richer, better textured yeast dough.

Before adding eggs to hot sauce, first add 2 spoonfuls of the hot mixture to eggs, stirring fast. Then pour warmed eggs into hot sauce, stirring well all the time. Cook over low heat or double boiler, till thick.

Vanilla sugar is made by covering 3 or 4 vanilla beans in a jar containing 1 lb. icing sugar. Leave to infuse for a few days. This keeps indefinitely.

When making cakes with separated eggs, beat whites adding sugar and salt gradually. Beat till stiff. Stir egg yolks with a fork—add ¼ of whites to yolks and stir together. Pour this over rest of whites, then add flour, etc. and fold together.

When making parave desserts, or when decorating parave cakes, I have used ORLY WHIP. It whips up most successfully, and can be flavoured as desired. It is an excellent substitute when cream is not available for garnishing, or for cake fillings, or in the making of parave Ice Cream. (Parave means neither meat nor milk, and so can be used together with or after meat, in accordance with the Jewish dietary laws.)

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GAIL DIAMOND

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ROSALIND DIAMOND

LEEK QUICHE

(8 servings)

A partially baked shell on a baking sheet.

500 g sliced white of leek
150 ml water
1 teasp. salt
45 g butter

Boil the leeks over moderately high heat in a heavy-bottomed covered saucepan, with the water, salt and butter until liquid has almost evaporated. Lower heat and stew gently for 20-30 minutes until leeks are very tender.

3 eggs
300 ml cream
½ teasp. freshly ground black pepper
60 g grated strong cheddar cheese
15 g butter cut into dots

Beat eggs, cream and seasonings in a mixing bowl until well blended. Gradually stir in cooled leeks and half the cheese. Pour into shell. Sprinkle top with balance of cheese and dots of butter. Bake for 20-30 minutes at 190 degrees centigrade until puffed and browned. Slide onto a pretty platter and serve immediately.

Recipe supplied by PAT JACOBSON

'MOCK' CHOPPED HERRING

1 large tin (454 g) plain (natural) Middlecut Pilchards
1 apple chopped finely
1 medium onion cut finely
4 Marie Biscuits soaked in little water
Lemon Juice and salt to taste
4 hard-boiled eggs

Flake the pilchards with a fork. Mix in the apple, onion and 2 chopped hard-boiled eggs. Add little lemon juice and salt to taste.

Decorate the plate with the other 2 eggs and parsley.
Use when herrings are in short supply.

Recipe supplied by J. CARTOON (Johannesburg)
per Hilda Cohn

SALMON MOUSSE

2 tins tuna fish
1 tin middle cut tomato sauce
1 small grated onion
4 hard-boiled eggs — grated
10 olives finely chopped
3 small chopped cucumbers

Mix all together. Squeeze lemon juice over or add any other preferred salad dressing.

Recipe supplied by VERA SENDZUL

VARIATION ON PICKLED HERRINGS

12 herring fillets, already pickled in usual way.
200 g pickle juice
125 ml dry white wine
250 ml tomato sauce
2½ tablesp. oil
2 teasp. sugar
4 teasp. French mustard

Place herring fillets into serving dish. Mix rest of the ingredients together and pour over herrings. This need not marinate, so can be served immediately. Garnish with some onion from pickled herrings and sprinkle with freshly ground black pepper.

HERRINGS IN MUSTARD
(With cucumber and apples)

This recipe is for 1 dozen herrings.

Boil together 250 ml white vinegar and 125 ml sugar. Beat 2 eggs well with 2 heaped teaspoons mustard and when sugar and vinegar boils, pour slowly over the eggs and mustard, stirring well. Place in double boiler and cook, stirring all the time, till sauce thickens. Let cool and add 300 ml cream.

Roll filleted and soaked herrings and place in alternate layers with thinly sliced fresh cucumber, apple and onion. Pour sauce over and allow to stand for a few days before serving.

APRICOT HERRING

Soak 6 herrings overnight.

Fillet and skin, and make into rollmops.

Sauce: Boil 5 onions, sliced thickly, till glazed. Strain off water. Put 250 ml strained lemon juice in a pot with 2 tablespoons golden syrup. When boiling, add onions and 750 g of whole-fruit apricot jam. Boil slowly for about 10 minutes. Add 2 teaspoons ginger. Pour boiling sauce over herrings and leave to marinate for a few days. Keeps well in fridge.

TUNA PATÉ

2 tins tuna fish
½ tin anchovies
1 tablesp. capers
1 tablesp. chopped onion

Blend these ingredients in liquidiser, adding some of the oil to make smooth paté. Mould in centre of platter and garnish with stuffed eggs and asparagus.

Recipe supplied by MAUREEN BUCHHOLZ

APPLE AND HERRING SALAD

3 filleted and soaked herrings
Olive oil
Vinegar
4 boiled potatoes, cubed
2 chopped hard boiled eggs
4 tart apples, cubed
1 chopped dill cucumber
4 tablespoons sliced stuffed olives
1 finely chopped onion
Salt and freshly ground black pepper

Method: Cut herring fillets into cubes and marinate in oil and vinegar overnight. Combine all ingredients in a bowl and toss in a dressing made of 3 parts olive oil to 1 part vinegar. Serve in lettuce cups with lemon wedges.

HERRINGS IN LEMON JUICE

Soak and fillet 6 herrings and cut into medium slices.
In small pot, cook 1 sliced onion for 5 minutes. Drain. Replace in pot with 4 tablespoons water, 2 dessertspoons syrup, a few peppercorns and bayleaves. Add 125 ml sultanas and juice of 2 lemons. Add 1 apple, peeled, cored and cut into cubes. Cook all together for 10 minutes. Add sugar to taste. Cool this sauce and pour over herring slices. Marinate in fridge for 2 days before using.

APPLE AND OLIVE HORS D'OEUVRE

2 large apples, diced and peeled
125 g pitted green olives
½ lb. firm, steamed fish, cubed
Mayonnaise
Shredded lettuce

Mix apples, olives, fish and some lettuce with mayonnaise. Serve in seafood glasses, or stuff into hollowed out tomatoes. Sprinkle shredded lettuce on top.

MELON AND FISH HORS D'OEUVRE

1 melon
150 ml thick cream
500 g kingklip
½ teasp. curry powder

Cut top off melon and scoop out all flesh. Drain, cut into pieces and mix with cream and cubed fish (previously poached and cooled). Sprinkle with curry powder and return to inside of melon. Place in fridge until required.

May be served in tiny individual melons.

Serve with brown bread and butter.

ONION QUICHE

(8 servings)

1 partially baked tart shell on a baking sheet
375 g finely chopped onions
45 g butter
1 tablesp. oil

Saute the onions in a heavy frying pan with the butter and oil over a low heat, stirring occasionally until they are a golden yellow. This will take about an hour.

Sprinkle with 15 g flour, mix well and cook slowly for 2-3 minutes. Allow to cool slightly.

Preheat oven to 190° C.

Filling:

3 eggs
300 ml cream
1 teasp. salt
⅛ teasp. freshly ground black pepper
60 g grated strong cheddar cheese
15 g butter cut into dots

Beat the eggs in a bowl with the cream and seasonings until blended. Gradually mix in cooled onions and half the cheese. Pour into tart shell. Sprinkle rest of cheese over top and dot with butter. Bake for 25-30 minutes, until quiche has puffed and browned. Serve immediately. (It is at its best when it comes from the oven. Don't allow it to stand, as it will loose its lovely puffy look.)

Recipe supplied by PAT JACOBSON

ONION TART

Shell:

250 ml flour
1 teasp. sugar
2 teasp. Baking Powder
125 ml milk
30 ml butter
pinch salt

Filling:

500 g tin asparagus
1 egg
8 onions coarsely chopped
60 g butter
300 ml cream
250 ml grated cheddar cheese
salt and pepper to taste

Method: Sift dry ingredients. Grate butter into mixture and stir in with a knife. Knead lightly and gently press into greased pyrex dish.

Simmer onions in butter on medium heat until tender but not brown. Add salt and pepper, spread this mixture over dough. Combine cream, beaten egg and little salt. Arrange drained asparagus over onions and add cream mixture. Sprinkle with grated cheese. Bake at 220° for approximately 10 minutes.

Recipe supplied by MARIANNE CHASEN

BAKED HERRINGS

4 herrings
2 onions, thinly sliced
4 dessertspoons golden syrup
2 lemons
4 allspice
1 stick cinnamon

Soak herrings overnight, skin and fillet them. Place in a baking dish in layers with onions and pour over them the golden syrup and lemon juice. Add spices to dish and bake in slow oven — about 160° C — till nice and brown and herrings are done, but not too soft.

Delicious served hot with boiled potatoes. May also be served cold as an appetiser.

MUSTARD HERRING

Mustard sauce:

Boil together 125 ml vinegar with 60 ml sugar, 8 peppercorns and 3 bayleaves. Allow to cool.

Beat 2 eggs with 60 ml sugar and 1 teaspoon mustard powder and add this to the vinegar mixture. Cook until it thickens. While hot, pour this sauce over 4 thinly sliced onions.

Soak 6 herrings overnight and fillet and roll into rollmops. Cut each rollmop into two and secure each ring with a toothpick. Place rolls flat in a serving dish and pour the sauce and onion mixture — when cold — over herrings. Keep in fridge for a few days before serving.

DANISH HERRING

6 herrings
250 ml sugar
125 ml oil
250 ml brown vinegar
250 ml thinly sliced firm apples
250 ml thinly sliced onion
1 teaspoon mustard powder
¼ teaspoon pepper
250 ml tomato puree

Soak herrings overnight and fillet and roll them as for rollmops. Mix together the other ingredients and pour over herrings seeing that the apple and onion form alternate layers with the rollmops. Allow to stand in fridge for a few days before using.

An alternate way is to chop up the apple and onion into tiny pieces, to cut the herring fillets into thin strips and to mix the ingredients all together and allow to marinate in the fridge before using.

MELON SURPRISE

2 small melons
500 g cooked and cubed white fish (steenbras, kingklip)
1 hard boiled egg
1 lettuce
Toasted and sliced almonds (125 ml)

Mayonnaise Sauce:

2 egg yolks
Salt and pepper
Juice of ½ lemon
1 teaspoon mustard
300 ml oil

Whisk egg yolks, mustard, salt and pepper. Slowly add oil and continue beating till it thickens. Add lemon juice.

Curry Sauce:

1 tablespoon chopped onion
1 teaspoon tomato puree
1 tablespoon whipped cream
1 dessertspoon curry powder
3 tablespoons water
Cayenne pepper

Fry onion till tender, add curry powder and simmer for two minutes. Add tomato puree and water. Simmer for 15 minutes. Strain and allow to cool. Add to mayonnaise sauce and blend with the whipped cream and cayenne pepper.

Cut melons into thin slices and arrange 2 or 3 slices on a plate with lettuce leaves. Cover with 2 tablespoons sauce into which has been added the cooked fish. Sprinkle with chopped egg and sliced almonds. Serve with lemon slices.

Most attractive if served in halves of melons, piled up and with lemon slices hooked over edge of melons. A good buffet supper course or as an hors d'oeuvre.

N.B. The above fish and sauce may be mixed with cubed avocado pear and heaped into halves of avocado pears and served in beds of lettuce, garnished with hard boiled egg and lemon.

MOCK CRAYFISH

1 kg white fish

Steam fish in little water, salt, pepper and lemon juice till done, but still firm. When cold, flake and marinate in the following sauce:

125 ml cream
250 ml mayonnaise
60 ml tomato sauce
1 teaspoon Worcester sauce
1 small grated onion
1 teaspoon dry mustard
Tobasco and pepper to taste

Combine these ingredients and use as a sauce for the cold fish. Serve in seafood glasses garnished with lettuce and lemon wedges.

TUNA SENSATION

250 ml drained, flaked tuna
250 g cream cheese
125 ml thick sour cream
1 tablesp. prepared horse-radish
1 teasp. Worcestershire sauce
2 tablesp. minced onion
2 tablesp. pickled cucumber, chopped
2 tablesp. tomato sauce
1 clove garlic, crushed
1 teasp. powdered chervil
½ teasp. salt
¼ teasp. Zeal
Pepper
60 ml mayonnaise

Beat cream cheese until very soft, add cream, horse-radish and Worcestershire sauce and beat until smooth. Blend in the tuna, onion, garlic, chervil, salt and pepper, tomato sauce, mayonnaise and pickled cucumber. Cover and put into fridge for 2—3 hours to allow flavours to blend. Allow to stand at room temperature for ½ hour before serving with potato chips or crackers.

Recipe supplied by PAT JACOBSON

BAKED HERRINGS AND POTATOES

6 herrings, soaked overnight and filleted
6 potatoes, boiled and sliced
3 thinly sliced onions (soaked in boiling water)
250 ml cream
60 g butter
Bread crumbs or crushed post toasties

Method: Butter a casserole and line with bread crumbs or crushed post toasties seasoned with salt and pepper, and mixed with a little melted butter. Place potatoes, onions and herrings alternately in dish and sprinkle with more crumb mixture. Pour cream over and bake in hot oven for about 30 minutes.

SARDINE HORS D'OEUVRE

1 large onion, sliced
2 stalks celery, sliced
2 cloves garlick, crushed
2 tablesp. butter
2 tomatoes, peeled and chopped
Pinch saffron
250 ml white wine
Salt and pepper to taste
2 tins sardines

Heat butter and brown onion and celery. Add garlic, tomatoes, saffron and wine. Simmer, uncovered, for about 20 minutes. Season with salt and pepper. Place half the sauce in a casserole, layer the sardines over this and cover with the remaining sauce. Sprinkle with grated cheese and bake in 180° C oven for 5 minutes. Serve hot with sliced hot garlic bread.

SAVOURY CHEESE TART

Pastry:

5 tablespoons flour
3 tablespoons cheese (grated)
1 egg
1 tablespoon butter
1 teaspoon baking powder
Pepper and salt to taste

Rub butter into flour, add grated cheese, pepper and salt, combine with egg, roll out and line a fairly deep pastry plate.

Sauce:

250 ml milk
125 ml grated cheese
Pepper and salt
1 tablespoon maizena
2 eggs
1 teaspoon finely chopped onion

Boil milk, add Maizena, allow to cool, add grated cheese and beaten eggs together with pepper, salt and chopped onion. If desired a little chopped parsley may be added. Mix well and pour into raw pastry shell. Bake in a moderate oven for about an hour. Serve hot or cold.

CHEESE SAUCE

4 tablespoons butter
4 tablespoons flour
500 ml milk
½ teasp. Zeal (monosodium glutamate)
Few grains cayenne pepper
Salt and pepper to taste
195 ml grated cheddar cheese

Melt butter in saucepan over low heat. Blend in flour and seasonings, stirring all the time. Heat till mixture bubbles, remove from heat and gradually stir in milk. Cook rapidly, stirring constantly until sauce thickens. Remove from heat and stir in cheese until well blended.

Sufficient for 500 ml of sauce.

Recipe supplied by PAT JACOBSON

CHEESE POLPETTINE

125 g grated cheese
250 g bread crumbs
1 or two eggs
Salt, pepper, parsley, garlic and nutmeg

Method: Mix all ingredients together and make a paste that you can roll into small balls. Fry in hot oil, drain and serve with drinks, dipped in tomato sauce or seafood sauce. These may also be served as an accompaniment to fish dishes.

CREME DE LA SALMON

2 tins salmon
125 ml milk
60 ml butter
2 tablesp. grated onion
60 ml flour
Tobasco to taste
250 g cream cheese
1 pimento (canned)
1 tablesp. chopped parsley

Drain the salmon and reserve juice. Flake salmon, removing all skin and bones. Melt butter in pot, add onion and cook a few minutes. Stir in flour, using a whisk. Stir in salmon juice and milk and stir. Cook till the sauce thickens. Add tobasco to flavour, pimento and parsley. Stir in the cream cheese and cook through. Add salmon flakes, stir till heated through.

Serve immediately on rounds of toast or on halved, warmed rolls. Excellent as an hors d'oeuvre in winter.

Garnish with extra pimento and parsley before serving.

SNOEK SALAD

250 ml cooked rice
1 pickled cucumber
1 onion
1 tomato
1 green pepper
250 g smoked snoek
Salt, pepper, garlic salt and paprika to taste

Chop all ingredients finely, add to rice and mix well. If desired, a little mayonnaise may be added and all pressed into a mould and put in the freezer for 10 minutes.

Unmould and serve.

Recipe supplied by SANDRA TARLIE

MOCK CRAYFISH SAUCE

125 ml tomato sauce
60 ml mayonnaise
150 ml cream
2 tablesp. lemon juice

These 4 ingredients on their own make a delicious Thousand Island salid dressing.

1 teasp. Worcester sauce
1 teasp. grated onion
¼ teasp. salt
Dash of dry mustard
Few drops of tobasco
4 pineapple slices (tinned)

Mix all ingredients, except pineapple, well with rotary beater. Cut pineapple slices into small pieces and add to sauce.

Recipe supplied by RUBY STRELITZ

HERRING SALAD COLOGNE

8 large potatoes, cooked and sliced
2 apples, peeled, cored and cubed
2 salted or pickled herrings cleaned and chopped
1 large sour pickle, chopped
1 onion, grated
200 ml french dressing
200 ml mayonnaise
Tobasco to taste
1 small can cubed beetroot, drained
Salt if needed

Cook the potatoes until they start to get soft, but are still firm, peel and slice them into a large mixing bowl. Add the apples, herrings, pickle, onion and toss lightly.

Combine the dressing and mayonnaise. Pour over the salad. Add tobasco to taste. Toss carefully. Let the salad cool, then cover the bowl and chill for 2—3 hours.

Before serving, add the beetroot cubes and toss again. Taste and correct the seasoning if necessary. Turn the salad into a serving bowl and serve chilled.

N.B. Do not add the beetroot before it is indicated in the recipe, as they would make the salad too red.

French Dressing:

The very best olive oil and the very best wine vinegar are mixed in equal proportions. Salt and pepper are added to taste.

CAVIAR CREAM

1 large and small tin caviar
300 ml cream
1 tablesp. minced onion
Juice of ½ lemon
3 tablesp. mayonnaise
1 dessertsp. gelatine

Soak gelatine in a little cold water and dissolve in 60 ml hot water. Cool. Whip cream, fold in other ingredients. Add gelatine last. Set in an oiled mould in fridge for a few hours. Turn out and garnish with onion rings and parsley.

Recipe supplied by MAUREEN BUCHHOLZ

CHOPPED LIVER

500 g chicken liver (or mixed with calf)
125 g chopped, fried onion
3 tablesp. Debras Schmalz
3 hard boiled eggs
Salt and pepper to taste

Fry liver and onions. Mince together and mix with eggs. Add seasonings and Debras Schmalz.

SALMON BLINI

Make 20 thin pancakes.

Filling:

2 tins salmon
125 g cream cheese
2 teasp. grated onion
150 ml cream
125 ml diced pickled cucumber

Mix all together well and season with salt, pepper and paprika. Place mixture in pancakes, roll up, and fry in butter till golden brown all over. Keep warm. Before serving cover with cheese sauce, sprinkle with paprika and serve. May also be served with hot asparagus as a garnish.

SALMON HORS D'OEUVRE

2 tins red salmon — drained well
2 teaspoons grated onion
½ teasp. salt
2 dessertspoons Mayonnaise

Mash all well together till smooth. Arrange on a flat serving platter to look like a flan shell. Fill centre with thinly sliced bananas, sprinkled with one dessertspoon vinegar, and 60 ml canned diced pineapple. Arrange shredded lettuce all round with strips of red pimento. Serve in wedges with melba toast. This may also be used to fill scooped-out halves of pineapples — leave greenery on — in which case toss the ingredients together with the banana and pineapple and pile into shells. This makes a very tasty hors d'oeuvre.

HOT ANCHOVY HORS D'OEUVRE

8 par boiled potatoes
2 tins filleted anchovies
3 onions, fried golden
brown in butter
250 ml bread crumbs
150 ml cream

In a greased pie dish arrange layers of potato, onions, anchovies, bread crumbs and cream. Dot top with butter and pour anchovy oil over. Bake in 180° C oven till golden brown and potatoes are done. Very good served as an hors d'oeuvre.

SALMON AND ASPARAGUS BLINI

Make small thin pancakes. Place a slice of smoked salmon or saithe on each pancake. Place 2 asparagus tips on this and roll up. Place in a buttered oven dish and cover with a strong cheese sauce. Bake in a moderate oven for 20—25 minutes. Serve as an hors d'oeuvre.

ASPARAGUS BLINI

Blini:

2 eggs
Salt to taste
375 ml milk and water
mixed
Sufficent flour to make a thin batter

Beat eggs, add salt, liquid and flour. Butter a frying pan and when hot place 1½ tablespoons batter into pan and fry till set. Invert onto a clean cloth. When blini are all ready place 2 drained asparagus spears on each, sprinkle with salt and pepper and roll up. Place side by side in a buttered shallow baking dish and pour over the following cheese sauce:

Sauce:

2 tablespoons butter
2 tablespoons flour
600 ml milk
250 g strong cheddar cheese, grated
Cayenne pepper to taste

Melt the butter in a pot and add the flour. Stir for a few minutes on medium heat. Add the milk, stirring all the time. Allow to simmer slowly till thickened. Add cayenne pepper to make a sharp sauce.

Pour sauce over blini and bake for 30 minutes at 180° C.

In the meantime saute one cup salted cashew nuts in a little butter, 1 heaped tablespoon chopped parsley and a pinch of sweet bazil. Serve the blini hot with the cheese sauce and sprinkle the nut mixture over each helping.

SALMON BLINZES

Salmon Filling:

1 tin red salmon
6 chopped olives
1 chopped pickled cucumber
1 small chopped onion
1 hard boiled egg, chopped

Mix all together with a little cream to bind and salt and pepper to taste.

Blinzes:

250 ml flour
2 eggs
250 ml water
1 small teaspoon baking powder

Beat eggs with salt and water, stir in flour and baking powder and mix well to a smooth batter. Heat and grease a pan and make pancakes by pouring sufficient batter into the pan to make a thin layer. Fry on one side only till set and slight bubbles appear. Turn out onto a cloth to cool.

Place a spoonful of the salmon mixture in each blinze, roll up and place in buttered baking dish. Cover with thick cream, sprinkle with grated cheese and bake till cheese melts. Serve hot.

PIZZA PIE

Pastry:

200 g self-raising flour
100 g grated cheese
100 g butter
Mustard, salt and pepper
Little cold water

Sift flour, salt, pepper and mustard. Stir in the cheese and rub in butter. Make into a stiff dough with a little water, roll out and line a pie-dish. Prick bottom and half bake in a 190°C oven. Remove and make filling.

Filling:

100 g grated cheddar cheese
3 large tomatoes
1 tin fillets of anchovies
2 small onions
1 clove garlic
½ teaspoon mixed herbs
1 oz. butter
Chopped parsley, salt and pepper

Fry onions and garlic in butter. Place a layer of onions over the half baked pie shell; place sliced tomatoes on this, seasoning with salt, pepper and herbs. Sprinkle the grated cheese over this and arrange the anchovies in a wheel pattern on the cheese. Bake in 190° C oven till golden brown. Sprinkle with chopped parsley and serve hot with drinks or as a light supper with a green salad and coffee. Baking time is about 12 minutes.

SAVOURY FILLED ECLAIRS

Choux pastry
60 g butter
125 ml boiling water

Boil above together. Take off stove and add 125 ml flour and a pinch of salt. Mix well and return to stove — keep on mixing and when it forms a ball, remove from stove and cool slightly. Add 2 eggs, one at a time, mixing well after each with a wooden spoon. Mixture should be thick. Put into greased fingershaped patty tins and bake at 200° C for ½/¾ hour. Cool, slit each right across and fill with a savoury mixture.

Filling:

250 g cream cheese
A little whipped cream
1 chopped spring onion
1 tablesp. chopped pickled cucumber
Salt and cayenne pepper to taste

Mix above well together until it forms a soft creamy mixture.

Recipe supplied by PAT JACOBSON

MUSHROOM BLINIS

Blini:

3 eggs
Pinch salt
375 ml flour
2 cups water

Beat eggs and water well. Add sifted flour and salt. Beat until smooth. Heat small frying pan well. Grease lightly with oil or butter. Fry very thin pancakes on one side only until cooked through and invert onto clean tea towel. Place a spoonful of filling on each, fold and fry in oil or butter until golden brown.

Filling:

1 tablesp. butter
½ small onion, chopped
1 large tin button mushrooms, sliced
300 ml cream
200 ml grated cheddar cheese
Salt and cayenne pepper to taste

Melt butter in frying pan, add onion and cook until transparent. Add sliced mushrooms and cook until heated through. Add cream and seasoning, simmer for 2 minutes. Thicken with a little flour and water mixture — remove from stove and blend in the grated cheese. Should the mixture be too thick, add a little of the mushroom liquid to get correct consistency.

Recipe supplied by PAT JACOBSON

CURRIED EGGS

4 hard-boiled eggs
1 onion
½ an apple
60 g butter
1 dessertsp. Cartwright's Curry powder
30 g flour
300 ml stock or water
Salt
2 teaspoons lemon juice
125 g cooked rice
Chopped parsley
Cayenne pepper

Method: Boil the eggs hard and put into cold water. Remove shells and cut eggs into halves. Chop onion and apple finely, melt the butter in a saucepan and fry onion lightly. Add the apple, curry powder and flour, and cook for a few minutes. Add the stock gradually and season with salt and lemon juice. Boil up and skim, then cover and simmer for about 30 minutes. Put eggs into the sauce and, when thoroughly heated place in a hot dish, surround with rice, decorate with finely chopped parsley and cayenne pepper. Serves four people.

CHOPPED HERRING

3 herrings
1 onion
1 apple
2 hard boiled eggs
3 Marie biscuits
Vinegar to taste
Sugar to taste

Method: Soak herrings overnight and fillet and skin them. Mince herring fillets, onion, peeled and cored apple and eggs. Mince in Marie biscuits and mix to a smooth medium consistency with vinegar and sugar to taste.

Garnish with additional hard boiled egg.

HERRING IN PINEAPPLE

6 large herrings
1 large tin pineapple chunks
2 teaspoons sugar
1 teaspoon prepared mustard
1 onion, thinly sliced
375 ml mayonnaise

Soak herrings overnight and fillet. Place some chopped pineapple in each fillet and roll up, securing with a toothpick.

Place alternate layers of herring, onions and pineapple pieces in a deep covered dish and make the following sauce to pour over:

Mix sugar and mustard with mayonnaise
Add the pineapple juice

Pour over herrings and leave for a few days in fridge.

PICKLED HERRING WITH A DIFFERENCE

6 herrings
125 ml tomato puree
125 ml brown vinegar
125 ml sugar
1 teaspoon made mustard
125 ml oil
250 ml sliced onions
125 ml finely chopped green peppers

Beat the tomato puree, vinegar, sugar, mustard and oil together very well. Add sliced onions and chopped peppers.

Wash and soak herrings, fillet and cut each fillet into three. Place in jar with layers of sauce and allow to stand in fridge for a week before using.

MOCK CRAYFISH SAUCE

125 ml tomato sauce
60 ml mayonnaise
60 ml cream
2 tablespoons lemon juice
1 teasp. Worcester sauce
1 teaspoon grated onion
¼ teaspoon salt
Dash dry mustard.

Blend all ingredients together and chill. Serve over steamed cold fish.

SCANDINAVIAN PEROGEN

Dough:

125 g butter
250 g flour
150 ml cream

Method: Grate butter into flour and add cream. Mix into a dough with knife.

Filling:

125 ml boiled rice
60 g Lax
1½ teaspoons capers
2 hard-boiled eggs
1 beaten egg

Method: Chop eggs and Lax into small pieces and combine with rest of the ingredients. Roll dough into rounds and place one teaspoon of the filling in each. Pinch closed and brush with beaten egg. Bake at 220° C until golden brown.
Serve hot as savouries.

HERRING BABKE

3 herrings
1 medium onion
2 slices white bread
125 ml cream
1 tablespoon melted butter
Pepper to taste
2 eggs well beaten

Method: Soak herrings overnight. Skin fillet and mince together with onion, bread (soaked in water). Add cream, beaten eggs and melted butter. Season with pepper.

Place mixture in greased casserole and bake in a moderate oven — 180° C — for one hour. Serve hot with boiled potatoes.

MUSHROOM TART

500 g mushrooms
1 large onion
125 ml milk
125 ml cream
1 tablespoon cornflour
60 g butter
Salt and pepper to taste
Pinch sugar
60 g grated Parmesan cheese

Method: Grease and line a flat tart dish with Soda water Pastry. Prick bottom. Wash, slice mushrooms. Cut up onion finely, Melt butter and fry onions till golden, add mushrooms, sugar, salt, pepper and milk. Cook slowly till mushrooms are tender. Add cream and stir in the cornflour mixed with a little milk.

Fill tart shell and sprinkle cheese over. Make a lattice-worked top for the tart and brush with beaten egg.

Bake in 230° C oven for 20 minutes. Serve hot with drinks or as hors d'oeuvres.

ROLLMOPS IN MUSTARD SAUCE

Mustard Sauce:

250 ml vinegar
1 dessertspoon syrup
6 peppercorns
2 bayleaves
4 cloves
1 dessertspoon mustard powder
2 egg yolks
250 ml thick cream

Boil vinegar with spices. Add syrup and taste for seasoning and correct if necessary. A little pepper, and more syrup may be added if desired. Add this mixture slowly to beaten egg yolks and place in double boiler to cook till thickened. Allow to cool and then add cream.

Herrings: Soak 6 herrings overnight and skin and fillet them. Place a teaspoon of capers or chopped olives on each fillet and roll and secure with a toothpick.

Slice 6 onions and pour over boiling water for a minute, then plunge into cold water.

Cut 2 lemons into thin slices and arrange the rollmops in a deep dish alternating with onions and lemons. Cover with onions. Pour mustard sauce over and allow to marinate for a few days before serving.

BASIC PICKLED HERRING

6 herrings, soaked overnight and filleted
3 onions, sliced thinly
3 bayleaves
10 peppercorns
1 teaspoon mustard seed
1 cup white vinegar
1 sliced lemon
60 ml water
1 tablespoon sugar

Roll herrings with some onion and secure with toothpicks. Arrange in alternate layers in a jar with the onion, lemon slices and spices. Mix vinegar, water and sugar and pour over herrings. Close jar and leave herrings for at least a week before using.

TUNNY FISH PATÉ

1 can tunny fish
125 g butter
Accent
1—2 tablesps. lemon juice
1 small tin truffles, sliced, or use black olives.

Blend tunny into a smooth paste with the butter in a bowl with wooden pestle. Sprinkle with Accent. Add lemon juice. Cream mixture in beater. Add juice of truffles, if using them. Pack paste into lined mold, or pot, with sliced truffles here and there. Chill in fridge for one hour. Serve with hot toast.

HAWAIIAN APPETISER

6 slices fresh white bread
250 g cream cheese
60 g shelled walnuts
2 oranges
1 jar stuffed olives
Shredded lettuce

Remove crusts from bread. Mix cream cheese with chopped walnuts, season with salt and pepper.

Peel and slice oranges, using the large centre slices of each only. Spread cheese mixture on bread, leaving some for garnishing. Place slice of orange on each slice. Garnish with a blob of cheese and place an olive on each. Arrange on shredded lettuce and sliced olives.

CHOPPED EGGS

8 hard boiled eggs
75 g spring onions
1 teaspoon salt
¼ teaspoon pepper
4 tablesp. gribbennas (optional)
3 tablesp. chicken fat
½ teasp. instant chicken stock

Mash eggs. Chop in onion. Mix with other ingredients.

PIMENTO APPETIZER

1 large tin red peppers (Pimento)
2 tablesp. olive oil
1 clove crushed garlic
2 tins rolled anchovies
¼ teasp. oregano
Salt and pepper
1 large onion

Slice red peppers and drain. Add oil, garlic, salt and pepper, and oregano. Arrange in centre of serving platter.

Slice onion into thin rings and crisp in iced water for 30 minutes till ready to serve. Arrange overlapping rings around peppers and place rolled anchovies over peppers.

This is good as an hors d'oeuvre before serving a spaghetti dinner.

TUNA HORS D'OEUVRE

1 tin tuna fish
1 tin anchovies
2 dessertsp. capers
2 dessertsp. sliced black olives
2. tablesp. cream

Cut up tuna and anchovies. Combine with capers and olives. Toss lightly in cream. Serve in champagne glasses on a bed of shredded lettuce.

HOT STUFFED EGGS WITH NOODLES

125 g thick noodles
4 hard boiled eggs
60 g softened butter
¼ cup mayonnaise
½ teasp. mustard powder
Few grains cayenne pepper
Few grains curry powder
Salt and pepper
1 tin sardines, drained and mashed

Boil noodles in salted water until tender, drain and place on bottom of greased Pyrex dish. Cut eggs in half lengthwise, remove yolks and mash well. Blend remaining ingredients with egg yolks. Fill egg whites with this mixture, arrange on top of noodles and pour over 500 ml cheese sauce. Bake in hot oven until heated through.

Serve with melba toast.

Recipe supplied by PAT JACOBSON

QUICK-'N-EASY PIZZAS

8 slices bread
125 g cheese, sliced
60 g anchovy fillets
1 large tomato, peeled and sliced Oregano
Oil, salt and pepper

Place slice of cheese on each slice of bread. Arrange strips of anchovy, some sliced tomato, salt and pepper and a pinch of oregano on each slice. Dribble a little oil on each and bake in hot oven for about 10 minutes, on biscuit sheet.

SEA FOOD SAUCE

250 g prepared mayonnaise
1 tablesp. lemon juice
½ teaspoon dry mustard
10 drops Tobasco sauce
200 ml tomato sauce
1 dessertspoon Worcester sauce
½ small onion (grated)

Mix and beat until very creamy. Can be stored in the refrigerator for weeks.

AVOCADO DE LUXE

2 avocado pears
1 tin tuna fish
125 g pitted black olives
1 tomato
1 pickled cucumber
Mayonnaise
Salt and pepper

Halve pears, scoop out balls and sprinkle with lemon juice. Keep skins intact. Shred tuna and mix with sliced olives, cucumber and tomato chopped. Add salt and pepper and enough mayonnaise to hold together. Fill this mixture into shells and top with avocado balls. Place on individual plates on lettuce and serve chilled as hors d'oeuvre.

MARINATED EGG AND HERRING

6 herrings
200 ml vinegar
2 teaspoons sugar
300 ml cream
2 teaspoons olive oil
6 hard boiled eggs
2 onions, thinly sliced

Method: Soak herrings overnight. Skin and fillet them and roll up. Arrange in dish with halved eggs and pour vinegar, sugar, cream and oil over. (Mix the cream and oil by stirring the oil into the cream drop by drop to avoid separation.) Sprinkle with the chopped onion and see that the sauce covers the onion and herrings. Taste for seasoning and, if desired, add a little pepper.

Place dish in fridge and allow to marinate for a few days

HERRING SALAD

6 herrings, soaked and filleted
1 large onion
3 apples
2 pickled cucumbers
2 cooked beetroot
Vinegar
Sugar
Thick cream (250 ml)

Method: Cut herrings into cubes with the apples, onion, cucumbers and beetroot, also cut in cubes. Mix all together with vinegar and sugar to taste and finally with the thick cream. Marinate for a day before using.

Serve individually on lettuce leaves, sprinkled with chopped egg, or in a large salad bowl lined with lettuce leaves and slices of lemon wedged round the outside of the bowl.

ANCHOVY TART

Soda Water pastry for tart shell and decoration.

Tart ingredients:

2 tins anchovy fillets
10 chopped olives
1 tablespoon capers
125 g washed and sliced mushrooms
1 dessertspoon lemon juice
Pinch paprika
Pinch allspice
500 g sliced fried onions

Line oven tart dish with pastry, reserving some for top decoration.

Cut up anchovies and mix with other ingredients and the oil from the anchovies. Sprinkle grated cheese on top and decorate with strips of pastry brushed with beaten egg.

Bake in hot oven — 230° C — for 25 minutes. Serve hot as an hors d'oeuvre or with drinks.

HOT TOMATO JUICE WITH CREAM

1 large can tomato juice
1 small grated onion
1 teaspoon Worcestershire sauce
125 ml heavy cream, chilled and whipped
2 tablespoons parsley or spring onions, finely chopped
Salt and Tobasco to taste

Combine tomato juice with onion, Worcestershire sauce and seasonings to taste. Heat to boiling point. Whip cream till stiff. Add the finely chopped parsley or Spring onion, and add salt to taste. Serve the tomato juice hot with a dollop of spiced whipped cream on top.

EGG AND ONION

500 ml onions
5 hard boiled eggs
75 g chicken fat
Salt and pepper

Chop onions and mix with sieved eggs. Add chicken fat and seasoning. Serve as an hors d'oeuvre.

HERRINGS IN CREAM AND WINE

6 herrings
125 ml white vinegar
2 onions, sliced thinly
3 bay leaves
1 teasp. peppercorns
125 ml dry white wine
2 tablesp. sugar
250 ml sour cream

Clean and soak herrings overnight; use milt if available. Boil vinegar with onions, bayleaves and peppercorns. Add wine — do not boil. Sieve milt and mix with sugar and cream. Fillet herring and cut in pieces. Pour over saute and marinate for a day. Keep in fridge.

PIZZA BROCHETTES

8 slices bread, crusts removed
125 g butter
250 g cheese slices
1 tablesp. anchovy paste

Butter the bread and cut into quarters. (Use half the butter.) Thread onto skewers, alternating bread and cheese slices, beginning and ending with bread. Place in shallow, well buttered baking dish and bake in hot oven for a few minutes. Remove when lightly browned. Melt rest of butter in pan and when bubbling, add anchovy paste. Pour over brochettes and serve immediately with drinks.

CHICKEN LIVER PATE

500 g chicken livers
1 grated onion
½ teasp. salt
¼ teasp. pepper
¼ teasp. nutmeg
1 tablesp. dry sherry
1 tablesp. mock chicken fat

Trim livers very carefully and dry gently with grated onion for one minute in a little oil. Livers must be pink inside.

Mince livers and add the salt, pepper, nutmeg and sherry. Mince once more until very smooth.

Place in earthenware dish and smooth top. Keep covered in refrigerator till required for serving.

Soups

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REBEC GERSTEL

BLENDER-MADE GAZPACHO
(Spanish Cold Soup)

- 4 eggs (raw)
- 1 green pepper, chopped and seeded
- 3 large tomatoes, chopped and peeled
- 1 cucumber, peeled and sliced
- 1 medium union, sliced
- 1 large clove garlic, crushed

Place these ingredients into a blender and puree well. If no blender available, mince vegetables and mix in raw eggs very well.

Add:

- 60 ml vinegar
- 60 ml oil
- 200 ml tomato juice

Season with salt and cayenne pepper.

For serving Gazpacho:

- 250 ml bread cubes fried in 2 tablespoons oil
- 1 clove crushed garlic
- 1 finely diced fresh cucumber
- 6 finely chopped spring onions
- 1 finely chopped green pepper

Place Gazpacho in individual cups and garnish with croutons and chopped vegetables before serving.

Deliciously refreshing as a summer soup at a buffet.

SOUP MANDELACH

- 3 eggs, beaten slightly
- 3 teasp. oil
- 200 g flour
- ¾ teasp. salt
- ¾ teasp. baking powder
- Fat for frying

Mix eggs and oil together and then add remaining ingredients. Roll dough into 15 ml thick cords and cut into 15 ml pieces with floured knife. Fry in hot fat until golden and puffed. Serve with soup.

AVOCADO SOUP

- 1 500 ml hot chicken soup
- 500 g peeled and diced avocados
- Salt and pepper to taste
- 250 g dry white wine
- Juice of ½ lemon

Put soup, avocados and seasoning in blender till smooth. Add heated wine and lemon juice and heat — not boil. Stir well.

Serve with lemon slices.

EGG DROPS FOR SOUP

2 eggs
6 tablesp. flour
125 ml water
Salt

Beat eggs. Add flour, water and salt and mix well. Gradually drop this mixture from end of spoon into boiling soup. Cook 5 minutes until egg drops float to top. Should be light and fluffy.

MINESTRONE SOUP (MEATLESS)

900 ml diced raw carrots, turnips and parsnips (mixed)
leaves from 6 sprigs parsley
500 ml diced raw potato
¼ small cabbage, shredded
250 ml diced celery, stalks and leaves
125 ml chopped onion
1 clove garlic, minced or crushed
250 ml dried peas or beans, soaked overnight
salt, pepper and sugar to taste
5 l boiling water
250 ml elbow macaroni
3 tablesp. salad oil

Combine all vegetables, add seasonings and boiling water. Cover closely and simmer for 3 hours before adding macaroni and oil. Simmer for another 30 minutes.
Serve with grated cheese at the table.

Recipe supplied by DORA GABRIEL

CHICKEN SOUP

1 boiling chicken
1 tablesp. salt
Pinch white pepper
3 l water
3 carrots
3 onions
6 stalks and leaves celery
2 parsnips
1 squash or marrow

Cut up chicken, season with salt and pepper and near-boil with other ingredients. Other vegetables may be used or substituted. Cook slowly till chicken is soft. Strain and serve with lokshen, etc.

FISH SOUP

1 kg line fish, cut into pieces
1 onion
1 clove garlic, crushed
1 stick celery
1 carrot
1 bunch parsley
6 tomatoes
Juice of ½ lemon
Salt
4 tablesp. olive oil
60 ml white wine
250 g thin spaghetti

Put fish in saucepan with cold water to cover. Add onion, garlic, celery, carrot, parsley, tomatoes and salt to taste. Bring to boil and simmer till fish is tender. Remove pieces of fish to serving tureen. Add lemon juice, wine and oil to stock. Strain and bring to boil. Add spaghetti and cook till tender. Pour over fish in tureen and serve hot.

CHICKEN SOUP Á LA GRECQUE

250 g cooked rice
900 ml chicken stock
250 ml pieces of cooked chicken
1 egg yolk
Lemon juice

Boil rice in chicken broth together with pieces of chicken. Whisk egg yolk till frothy. Add lemon juice to taste, whisking continuously. Gradually add some hot broth to mixture, stirring continuously. When smoothly blended, add to rest of soup. Stir and serve. Do **not** reheat. Serves 4.

FISH SOUP

1,5 kg bones, skin and heads of fish
Salt and pepper to taste
Water to cover
3 allspice
3 bayleaves
1 teaspoon sweet bazil
2 teaspoons lemon juice
1 teaspoon sugar

Cook the above till the stock is reduced by about a third. Strain and keep the liquid.

In a large clean pot, fry one chopped onion till golden brown Add 2 finely chopped potatoes, the fish stock and 500 g of line fish (filletted, but in two large pieces). Cook slowly until the fish is done. Then flake the fish and return to the soup. Bring to the boil again and place in tureen. Sprinkle 2 tablespoons chopped parsley on top and 125 ml thick cream. Do not stir, let the cream float on top. Serve immediately.

This soup may be made beforehand up to the stage of returning the flaked fish to the soup. Just before serving, complete the cooking and addition of parsley and cream.

This soup may be served with hot buttered garlic bread.

Singing Kettle

GAZPACHO

2 cloves garlic
1 bunch spring onions
3 tomatoes
1 cucumber, peeled and sliced
1 green pepper, seeded and chopped
8 sprigs parsley
4 eggs, hard boiled
8 watercress sprigs
¾ teaspn. salt
¼ teaspn. cayenne pepper
¾ teaspn. cumin seeds
3 tablespn. wine vinegar
3 tablespn. olive oil
300 ml tomato juice

Puree all vegetables in blender, leaving 250 ml for sprinkling (except garlic). Season with salt, cayenne, onion. Add vinegar, oil and tomato juice. Serve in cups with a sprinkling of mixed vegetables in each.

"SCHAV"
SORREL AND SPINACH SOUP

500 g sorrel leaves (sour leaves)
250 g spinach
1 l water
Salt and pepper to taste
Pinch sugar
2 beaten eggs
Lemon juice to taste
4 spring onions, chopped (optional)
1 fresh cucumber, chopped (optional)
1 tablesp. cream per plate

Mash sorrel and spinach chopped finely. Add to water with salt, pepper and sugar. Boil slowly, about 30 minutes. Add eggs slowly, stirring all the time. Add lemon juice to give a tart taste. Cool and place in fridge.

For serving, add chopped spring onions and cucumber to soup and serve with 1 tablespoon cream per person.

OXTAIL SOUP

1 oxtail
3 large onions, chopped
3 carrots, diced
125 ml chopped tomatoes
6 peppercorns
1 Tablespoon chicken fat
2 l stock
2 sprigs parsley
1 Tablespoon Worcester sauce
Salt

Wash oxtail well and split in small joints. Melt fat add pieces of tail and when beginning to brown add chopped onion. Fry until onion is a deep gold. Then add stock, carrots, parsley, tomatoes. Season with Worcester Sauce, crushed peppercorns, salt and let boil up once. Simmer on top of stove until meat is tender, about 3 hours. Separate meat from bones, reheat and serve a little in each plate of soup. Serves 6.

BABY MARROW SOUP
(Zuccini)

1,25 l good stock (vegetable)
2 Zuechini, sliced thinly
125 g elbow noodles (or shells
2 tablesp. Parmesan
1 teasp. butter

Add noodles and zuechini to boiling vegetable broth. When tender, add butter, and before serving sprinkle with cheese. Serve with garlic bread.

FRESH TOMATO SOUP

500 g ripe tomatoes
1 teasp. sugar
½ teasp. basil
75 g butter
75 g flour
1 l milk
Salt and pepper
60 g grated cheese
150 ml whipped cream

Cook cut up tomatoes with sugar and basil in large saucepan, carefully. Watch that they do not stick to pot. In the meantime, make white sauce with butter flour and milk. Add seasoning. Strain tomatoes and add pulp to white sauce. Mix well.

Serve in bowls topped with grated cheese and blobs of cream

COLD BEETROOT SOUP

6-8 beetroot
1 tablespoon salt
4 tablespoons sugar
2,5-3 l water
250 ml thick cream
2 eggs, separated
125 ml lemon juice
1 tablespoon brown vinegar

Wash beetroot and trim leaves to 50 mm from beetroot to prevent colour from cooking out. Place beetroot in pot and add salt and water. Boil, covered, until tender. Remove beetroot, strain liquid and pour back into clean pot. Grate about 5 beetroot into liquid. Season with lemon juice, vinegar, sugar to taste. More lemon or sugar may be added according to taste. The soup should be sweet and sour in flavour — not too sweet. Cook slowly for a few minutes.

Separate eggs, beat yolks and add slowly, while beating, one cup of the beetroot soup. Add this egg mixture to soup and stir briskly, but do not allow soup to cook.

Chill soup and serve with thick cream — either a blob in each plate or mixed thoroughly with the soup.

Delicious served with hot potatoes and chopped hard-boiled egg.

QUICK FRENCH ONION SOUP

4 large white onions
Fat for frying
1,25 l water
4 beef cubes
4 tablesp. breadcrumbs
1 tablesp. fat
Salt and pepper
French bread

Slice onions into rings and fry in fat till golden brown. Make stock with water and cubes. Mix breadcrumbs with fat, salt and pepper. Add onions to hot stock and place in serving bowls. Sprinkle french bread slices with breadcrumb mixture and float on bowls of hot soup. Place in oven under grill for a few minutes, if desired, otherwise just put slices of bread sprinkled with crumb mixture into oven to brown slightly, before adding to soup.

GASPACHO - SPANISH SOUP

This should be made the day before it is required.

1 tin tomato soup
1 tin sweetcorn (same amount as soup)
6 radishes
4 spring onions
1 young cucumber
2-3 drops tobasco

Mix the soup and sweetcorn. Add remaining ingredients and put in liquidiser. Chill and serve in individual bowls. Sprinkle with the following before serving:

1 grated fresh cucumber
1 chopped green pepper
125 ml chopped parsley

Recipe supplied by ESTHER RUBIN.

VICHYSSOISE

6 thick leeks
3 onions
2,5 l water
500 g potatoes
Salt and pepper
125 g butter
600 ml cream
125 g chopped chives or spring onions

Slice leeks and onions very thinly. (Use only the white parts of the leeks). Melt butter in pan and cook leeks and onions till soft, but not brown. Add water slowly and potatoes, peeled and sliced thinly. Season with salt and pepper. When potatoes are soft, sieve the soup through a strainer. Return to pot and add the cream, stirring while adding cream slowly.

This soup may be served hot, but is better served ice cold in individual soup bowls with chopped chives or spring onions.

OXTAIL SOUP

1 oxtail, cut into joints
2 coarsely grated onions
3 grated carrots
3 large grated celery stalks
1 grated turnip
6 sprigs parsley
3 bayleaves
8 peppercorns
1 teaspoon celery salt
½ teaspoon sweet bazil
½ teaspoon marjoram
2 tablespoons oil
2,25 l cold water
80 ml sweet sherry
3 teaspoons lemon juice
1 teaspoon sugar
250 ml bow noodles or elbow noodles

Wash, dry and dredge the oxtail joints with flour. Fry in oil in saucepan till delicately browned all over. Remove meat and reserve. In same pan and same oil add the onion, carrot, turnip and celery. Allow to cook with lid on for 10 minutes. Remove as much fat as possible and replace meat, add herbs, spices and water. Mix well, cover and cook for 3 hours slowly. Taste and correct seasoning.

Remove meat and put aside. Rub soup and vegetables through a coarse strainer and return to the pot. Take meat from bones and add to soup — the small joints may be replaced whole. Bring to the boil, add noodles and allow to cook till noodles are done. Add the lemon juice, sugar and sherry and serve at once.

If desired, this soup may be thickened slightly with flour before replacing the meat into the strained broth. However this is not necessary as the noodles give it substance.

MILK VEGETABLE SOUP

Take 750 g mixed fresh vegetables, including onions, cut into large pieces and saute them in 60 g butter for about 10 minutes. Add 1,25 l water and boil till vegetables are tender. Rub through a sieve.

Blend 30 g flour with 300 ml milk, add to puree and bring to boil slowly. Add cream and chopped parsley before serving. Season to taste.

MATZO BALLS

2 whole eggs
2 tablespoons chicken fat
5 tablespoons cold water
Salt and pepper
Sugar and cinnamon
300 ml matzo meal

Mix eggs, fat, water, salt, pepper, sugar and cinnamon with an egg beater. very well. Add matzo meal and beat again. Allow mixture to stand for an hour and then form into small balls and drop into boiling soup for about 45 minutes.

LEEK AND PUMPKIN SOUP

500 g pumpkin
250 g potatoes
1 onion (or spring onion)
60 g fat
125 g broad beans
600 ml water
Salt and cayenne pepper
60 g leeks, cut into strips
1 l hot chicken stock
125 g boiled rice
2 tablesp. chopped parsley

Peel and dice pumpkin and potato. Chop onion and simmer in half the fat until golden. Add diced pumpkin, potato, beans and water. Bring to the boil and simmer for 45 minutes, stirring from time to time to prevent scorching. Strain through fine sieve into clean saucepan. Add salt and cayenne pepper. Cut leeks into fine strips and melt in remaining Debras Schmalz. Add to soup with chicken stock. Bring slowly to the boil. Just before serving, add boiled rice and chopped parsley. Makes 5 to 6 servings.

Recipe supplied by SYLVIA WEINBERG

ICED PEA SOUP

500 ml fresh young peas
½ slice onion
4 teaspoons potato flour
1 l water plus 1 cup water
Salt and pepper
125 ml thick cream
Fresh chopped mint

Cook peas, onion, salt and pepper with one cup water. Remove from stove, stir in potato flour, then 1 l water and return to stove and stir till it comes to the boil. Simmer for 5 minutes and then rub mixture through a strainer and leave in fridge to chill. Add cream and sprinkle with chopped mint.

MINESTRONE

1,25 l meat stock
4 large potatoes
1 large stick celery
2 large carrots
1 small head cabbage
250 ml haricot beans
250 ml French beans (green beans)
5 large red tomatoes (skinned)
1 tablespoon olive oil
125 g rice

Dice all vegetables and place in pot with the oil and enough water to cover. Bring to boil and simmer for two hours. Boil the stock and add to vegetables, simmering for another ½ hour. Add rice and cook till rice is tender. When serving, sprinkle with chopped parsley. Serve with hot garlic bread.

HOT BEETROOT SOUP

1,5 kg brisket
1 kg marrow bones
3,5 l water
4 large beetroots
2 onions
1 small cabbage
4 tomatoes
4 tablespoons sugar
2 large apples
125 ml lemon juice
Salt and pepper

Method: Place brisket and marrow bones in a large soup pot with 2,5 l of water, cover and bring to boil. When scum forms, remove. Allow to simmer while boiling the beetroot in 1 l water. When cooked, grate and add with the water to the soup pot. Simmer for 1½ hours. The meat should be nearly tender by this time, otherwise cook longer. Add the chopped onions, peeled and sliced tomatoes, peeled and sliced apples and shredded cabbage. Simmer uncovered for 45 minutes. Add the lemon juice and sugar and salt (about 3 teaspoons) and pepper to taste.

Cook slowly till all vegetables etc. are soft. The brisket must be tender.

Remove the brisket from soup and mince. Add two eggs and two tablespoons bread crumbs and make into tiny balls (like marbles) and bring to boil in the soup. Serve the soup with these meat balls, or just cut the brisket into cubes and add to the soup and serve with potatoes, boiled.

KREPLACH

Dough:

1 egg
1 teaspoon oil
200 ml flour (approx.)
1 tablespoon water

Sift flour with a pinch of salt. Add beaten egg with oil and water and knead into a dough till smooth and satiny. Cover with a bowl and let rest for about 20 minutes before rolling out onto a floured board into a thin sheet. Cut into 50 mm squares, place a small quantity of the meat mixture on each square, wet edges and fold over into triangles, pinching edges together. Leave on board for an hour before cooking.

Meat filling:

500 ml cooked meat or chicken
Salt, pepper and nutmeg to taste
1 chopped fried onion
A little soup for mixing

Mix minced meat well with other ingredients, using sufficient soup to make a smooth paste of the meat. This should be well seasoned to taste. Use in Kreplach as above stated.

These kreplach may be boiled in chicken soup for half an hour. They may also be fried in fat till golden brown and served separately with clear soup.

PEROGEN

Hot water Pastry:

Grate 500 g of Purene into 250 ml of boiling water and mix in mixmaster very well. Add salt (2 teaspoons and 500 g of flour and mix again. Place in refrigerator for a few hours. This pastry may be kept for a week or more.

Meat pies made with this pastry must be served hot. They re-heat very well.

Perogen Filling:

1 calves pluck (liver and lung)
1 onion
Salt and pepper
Fat
1 egg

Wash lung and liver and remove all tubes. Stew with onion and salt and pepper and a little water. When tender, strain off liquid and mince. Add 2 tablespoons fat and 1 beaten egg and correct seasoning. Mix well.

Roll pastry into 50 mm circles and place a spoonful of meat in each. Wet edges and fold over. Press down with a fork and place on a greased and floured baking sheet with the pressed edge facing upwards. Press each pie down so that it lies on a flat bottom, with the folded edge in the centre top. Brush with beaten egg mixed with a little water and bake in a hot oven — 230° C — for about 10 minutes, or till light brown. Serve hot with clear chicken soup.

HUNGARIAN GOULASH SOUP

6 onions, shredded
6 Tablespoons fat

1 kg cubed beef
500 ml chopped tomatoes
Salt and pepper
2 red or green peppers
2 Tablespoons paprika
4 small potatoes
2 smoked sausages

Combine all ingredients, except potatoes and sausages. Cook over low flame about 45 minutes. Add 2 l hot water, a little at a time. Simmer covered for 2 hours. Thirty minutes before done add potatoes cut in pieces. Add smoked sausages cut in pieces 10 minutes before serving. Serve with meat in warm soup bowls.

CREME OF TOMATO SOUP OU VERMOUTH

1 tin tomato juice
1 glass Vermouth
1 dessertspn. cream per serving

Bring juice and Vermouth gently to boil. Remove from heat and add cream for each serving.

SWEET AND SOUR CHICKEN SOUP (Greek)

100 g rice
2 l chicken soup
3 egg yolks
Juice of 1 large lemon

Method: Boil rice in salted water, drain and add to hot chicken stock. Simmer gently for a few minutes, bring to boiling point and pour onto well-beaten egg yolks, whisking all the time. Before serving add strained lemon juice.

"TRIFLECH" for chicken broth

1 large egg
1 tablespoon fat
1 grated onion
About 3 tablespoons flour

Method: Beat egg lightly, add grated onion, pepper, salt, sugar and cinnamon to taste, fat, and lastly flour with a pinch of baking powder. Mix all very smoothly into a thick smooth paste and drop small quantities into boiling chicken broth. Use a narrow spoon and take up small quantities in the top of the spoon.

ICED FRUIT SOUP

750 ml fruit (either mixed or separate flavours)
Use acid fruits like apricots, sour cherries, plums or rhubarb
1,25 l water
Juice of 1 lemon
4 Tablespoons sugar
2 Tablespoons Maizena
125 ml cream

Mix the pitted fruit with sugar to taste, water and lemon juice and bring to the boil. Cover and cook slowly till the fruit is soft. Force through strainer. Mix the Maizena with an equal quantity of cold water. Add to the fruit, stirring all the time and until the mixture comes to the boil. Simmer for 5 minutes. Season to taste and serve ice cold with the cream.

WE THANK THE FOLLOWING LADIES FOR THEIR GENEROUS SPONSORSHIPS

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FISH SALAD

Main course for a light supper. Serve with hot french bread, butter and chilled dry white wine.

Dressing:

200 ml vinegar
125 ml olive oil
1½ teasp. mustard powder
1 teasp. sugar
1 teasp. salt
1 teasp. freshly ground black pepper
1 teasp. garlic flakes
1 teasp. sweet basil
1 teasp. origanum
1½ teasp. McCormicks Salad Supreme (obtainable as the other herbs)

Shake above ingredients very well in a bottle.

Salad:

1 small lettuce. Broken lettuce leaves crisped up by standing in iced water for 1 hour and dried on kitchen paper
3 tomatoes (half green) cut into quarters
6 tablsp. chopped spring onions or
½ medium onion sliced into thin rings
2 hard-boiled eggs cut into quarters or rings
1 medium tin button mushrooms, whole or sliced or fresh mushrooms, sliced
½ green pepper, sliced into rings (optional)
125 ml sharp, grated cheddar cheese (to be sprinkled on top)
1 tin tuna, flaked or left over fried fish cut into bits or both
½ tin anchovies, drained (optional)

Arrange salad attractively in bowl, only pouring over dressing just before serving. Toss. Can be prepared in morning for supper, but must be refrigerated.

A lovely dessert for this light meal would be chilled créme brulée and chilled poached peaches.

Recipe supplied by PAT JACOBSON

SALMON MOUSSE
(with Sour Cream Sauce)

1 tablesp. gelatine
60 ml cold water
125 ml boiling water

Soften gelatine in cold water, add boiling water, and cool.

125 ml mayonnaise
1 tablesp. lemon juice
1 tablesp. grated onion
½ teasp. tobasco sauce
¼ teasp. paprika
1 teasp. salt

Mix these ingredients well and add gelatine. Cool till it begins to thicken.

2 tins pink salmon
1 tablesp. chopped capers
125 ml thick cream, whipped

Mix together and fold into mayonnaise mixture. Put into a 2,5 l oiled mould (preferably fish-shaped). Set.

To make this extra glamorous, take 500 g cream cheese flavour with salt and pepper, and a little cream, and spread over the mould. Chill till set. (If no cream cheese is used, use a smaller mould to set salmon in).

Unmould onto platter and trim with lemon slices, lettuce, and stuffed eggs.

Serve with sour cream sauce made as follows:

1 egg
1 teasp. salt
Sugar and pepper to taste
2 tablesp. lemon juice
1 teasp. grated onion
375 ml sour cream

Beat egg till thick and light coloured. Add other ingredients and blend well. Chill.

BAKED STUFFED FISH

Stuffing:

125 ml butter
375 ml finely chopped onion
250 ml finely sliced celery (white table celery)
700 ml cooked rice
½ teaspoon pepper
½ teaspoon sage
½ teaspoon thyme
250 ml chopped stuffed olives
½ teaspoon salt

Melt butter in skillet. Add onion and celery — saute till tender. Do not brown (about 5 minutes). Add rice and rest of ingredients. Stuff fish and place seasoned stuffed fish on greased dish. Cover with blobs of butter and bake in 190° C oven till tender. Baste with butter from time to time. Garnish with sliced lemon and parsley.

SOUR CREAM SAUCE

(To serve over grilled soles or cold steamed fish)

250 ml sour cream
125 ml chopped cucumber
½ teasp. salt
½ teasp. dried dill
6 spring onions chopped

Mix all together and place in fridge for an hour before serving over grilled or steamed fish.

Can be used over hot or cold fish.

HADDOCK AND RICE SALAD

500 g haddock, cooked and flaked
250 ml raw rice, cooked
2 green peppers, chopped
2 canned pimentoes, chopped
250 ml mayonnaise
½ teasp. curry powder
1 teasp. lemon juice
125 ml chopped spring onions

Mix mayonnaise with curry powder, salt and pepper to taste. Add lemon juice. Mix with all other ingredients and serve on lettuce leaves, garnished with extra pimento cut into strips, and the green tips of the spring onions.

SOLES IN GINGER SAUCE

6 medium soles, skinned and side-boned
3 tablesp. oil
3 tablesp. butter
2 tablesp. thinly slivered green ginger
1 clove garlic
1½ tablesp. sugar
1 tablesp. vinegar
2 tablesp. soya sauce
1 tablesp. Maizena
6 tablesp. fish stock or water
6 spring onions, thinly slivered

Heat oil and butter and fry soles, which have been slightly salted. When done and golden brown, remove to serving platter and keep hot.

In same pan, fry the ginger and garlic. Add sugar, vinegar and soya sauce and stir. Mix Maizena with stock or water and slowly add to ginger sauce. Stir constantly till thickened. Pour over soles and serve immediately. Sprinkle top with spring onions.

SOLE WITH GRAPES

8 fillets of sole
125 g butter
½ teasp. sage
500 g white grapes
150 ml milk
30 g flour
1 sherry glass brandy
Salt and pepper

Sauté fillets in 100 g butter, sprinkled with sage. Keep a few grapes for garnish and peel and crush the rest, mixing with sufficient milk to make 300 ml. Make sauce with this liquid and butter and flour. Add brandy, salt and pepper to taste. Arrange fillets on platter, cover with sauce, garnish with whole grapes and bake in hot oven for 5 minutes.

CAPER SAUCE

4 tablesp. butter
2 tablesp. flour
250 ml water or stock
60 ml capers
2 tablesp. vinegar
Salt and pepper

Melt butter in saucepan. Stir in flour, and cook over medium heat for 4 minutes, till light brown, stirring constantly. Add liquid, capers, vinegar and seasoning. Bring to boil and cook for 3 minutes, stirring constantly. Serve hot over fish.

TURBAN OF SOLE CARMELITE

750 g stockfish
250 g butter
60 ml flour
4 egg yolks
375 ml heavy cream
2 teaspoons salt
2 teaspoons sugar
Dash of pepper
4 stiffly beaten egg whites

Mince fish and then mince again twice with the cold butter. Pound it till quite smooth. Stir the flour into the beaten egg yolks and slowly add the cream and seasonings. Add this mixture slowly to the fish, pounding all the time and then fold in the beaten egg whites.

Prepare a ring mould, 250 mm diameter, by buttering and lining alternately with fillets of sole and fillets of smoked salmon, letting the fillets hang over the side of the mould. Spoon the fish mixture gently into the lined mould and fold the ends of the fillets over it. Cover the mould with greased paper and tie. Steam in covered kettle of boiling water for 1½ hours. Water must remain half way up the mould. When ready, unmould onto a heated platter and surround with small boiled potatoes rolled in parsley and butter. Centre may be filled with mushrooms in cream sauce. Serve hot.

HADDOCK SALAD

1 kg haddock
½ onion, chopped
1 stalk celery, chopped
Little salt
Mayonnaise
1 green pepper, sliced
Grated carrot
Lemon slices

Boil fish with onion, celery and salt. Flake and allow to cool. Mould into shape of fish on serving platter. Cover with mayonnaise and garnish with green pepper slices, grated carrot and lemon wedges. Serve as light luncheon with whole-wheat bread.

BAKED FRESH SCOTCH SALMON

1,5 kg piece of salmon (or slices)
Salt, pepper, thyme
3 tablesp. butter
375 ml cream
1 bay leaf
4 slices onion
1 clove garlic
3 sprigs parsley
2 fresh cucumbers, peeled

Season fish with salt, pepper and thyme. Melt butter in baking dish and place fish in dish, turning it in the butter. Add other ingredients. Cut cucumber into strips and place round salmon. Cover dish with foil and bake for about 40 minutes, till fish is tender. Serve in baking dish — discard bay leaf.

Recipe supplied by MAUREEN BUCHHOLZ

BAKED SOLE AND MUSHROOMS

Wash and dry 1,5 kg fillet of sole. Saute 1 minute per side in hot butter. Transfer to a large baking dish. Sprinkle with salt, freshly ground black pepper and paprika. Wash and dry 750 g mushrooms (keeping 12 to 15 of the best looking caps for garnishing.) Slice the rest, stems and all. Saute in butter for a few minutes and salt to taste. Spread mushrooms in a thick layer on top of soles.

Make a cream sauce of 5 tablespoons flour, 6 tablespoons butter and 375 ml of milk and 125 ml sherry. Add 1 tablespoon grated onion, 1 teaspoon sweet basil, 1 teaspoon chopped parsley, ⅛ teaspoon cayenne pepper and 1½ teaspoons crushed bouillon cubes. Place in double boiler, add 250 g grated cheese and cook until cheese melts. Season with salt and pepper to taste and add a dash of tobasco. Spoon the sauce over the mushroom and fish dish and prinkle with more grated cheese and paprika. Garnish with rest of mushrooms dotted with butter. 30 minutes before serving, place in 180° C oven to brown.

SOLE WITH PARMESAN CHEESE

1 sole per person
1 tablesp. grated cheese per person
Egg and breadcrumbs for coating
Grated lemon peel
Salt
Butter for frying

Beat egg with pinch of salt and a little grated lemon peel. Dip soles in egg, then in breadcrumbs. Fry in generous amount of butter. When cooked and brown, place on heated serving dish and sprinkle with grated Parmesan. Serve immediately with salad and boiled potatoes tossed in parsley butter.

STUFFED BAKED SOLES

1,5 kg soles — filleted
1 tin cream of mushroom soup
250 ml cream

Stuffing:

250 ml breadcrumbs
2 tablesp. melted butter
Pepper and salt to taste
Dash of cinnamon and sugar to taste
1 tablesp. grated onion (approx.)

Mix ingredients for stuffing. Roll the soles and arrange in baking dish. Fill centres with stuffing. Mix soup and cream and pour over soles. Bake at 180° C for 45 minutes.

Recipe supplied by DORA GABRIEL.

SOLE AUX CONCOMBRES

1 whole sole per person
30 g butter per sole for frying
½ peeled green cucumber per person
Breadcrumbs
Salt and pepper
Lemon juice

Method: Roll soles in seasoned breadcrumbs and fry in hot butter for 5 minutes each side till brown and cooked. Place on warm serving dish, squeeze lemon juice on each sole and keep warm while frying cubed cucumber in butter seasoned with sugar and salt. Fry till hot but not brown.

Place cucumber cubes between soles and surround with new potatoes boiled and rolled in butter and parsley. Garnish with parsley and serve hot.

TRUITES AUX AMANDES

3 fresh trout
½ teaspoon salt
¼ teaspoon pepper
60 g butter
15 g flour
Lemon juice
250 ml blanched slivered almonds

Roll trout in salt, pepper and flour. Melt half the butter in a large frying pan and fry and turn slowly till brown. Remove trout to serving platter and keep hot. Add remaining butter to pan and fry the almonds lightly. Sprinkle over the trout. Add lemon juice (½ lemon) to remaining butter in pan and pour over trout.

Garnish with lemon slices and parsley.

BAKED TOMATO SOLE

Roll 8 fillets of sole and secure them with cocktail sticks. Place in buttered pyrex dish.

Fry 2 tablespoons chopped onion in butter until golden brown, add 1 tin cream of tomato soup and 250 ml grated cheese and cook in double boiler till cheese is dissolved. Strain. Mix in 300 ml sour cream and pour over fish. Bake slowly till fish is done.

SALMON MOUSSE

750 ml flaked salmon
½ teaspoon salt
1½ tablespoons sugar
½ tablespoon flour
1 teaspoon dry mustard
Few grains cayenne pepper
2 egg yolks
1½ tablespoons melted butter
200 ml milk
1 tablespoon vinegar
¾ tablespoon gelatine soaked in cold water and dissolved in a little warm water
water (125 ml)

Mix all dry ingredients together. Add egg yolks, butter and milk and then the vinegar slowly. Cook over boiling water, stirring until mixture thickens. Add the soaked gelatine. When dissolved, add to the flaked salmon. Oil a mould and fill with salmon mousse. When set, unmould onto a bed of lettuce and serve with sour cream cucumber sauce.

Cucumber Sauce:

250 ml sour cream
1 tablespoon vinegar
1½ tablespoons lemon juice
1 teaspoon sugar
½ grated onion
Pinch of pepper
1 cucumber, peeled and diced

Blend ingredients together and chill. Serve with salmon mousse.

WHOLE BAKED FISH

1 Red Roman, or similar line fish (2-2,5 kg)
1 tin mushroom soup
1 large onion
1 clove garlic
300 ml cream
3 bay leaves
1 tablesp. chopped parsley
250 ml tomato sauce
Salt and pepper.

Salt and pepper the whole fish and place in large baking dish. Fry chopped onion and garlic in a little oil till golden, but not brown. Add this to the rest of the ingredients and pour over fish. See that the sauce is under the fish, also inside and outside. Cover with foil and bake for 1½ hours at 180° C.

Recipe supplied by RITA GILLIS

COURT BOUILLON FOR POACHING FISH

2,5 l water (½ water and ½ wine can be used)
10 peppercorns
½ teasp. sweet basil
1 small onion
1 teasp. salt
1 teasp. sugar
250 ml white vinegar
1 stalk celery
3 sprigs parsley
1 bay leaf
Tie in muslin bag if desired

Combine all ingredients in a deep pot, cover and boil for 10 minutes. Then simmer, uncovered, for 15 minutes. Strain broth and allow to cool. Use this for poaching fish or for cooking a whole fish.

TUNA-BROCCOLI CASSEROLE

250 g noodles, cooked and drained
2 pkts. frozen broccoli (cooked as directed, saving cooking water.)
250 ml sharp grated cheddar cheese
375 ml white sauce

Sauce:

2 tablespoons margarine (or butter)
1½ tablespoons flour
125 ml broccoli water
250 ml milk
½ teaspoon salt
1 tablespoon Worcester sauce

Melt margarine and flour. Cook till golden, stirring over low heat. Add liquids slowly, stirring constantly. Add salt and Worcester sauce. Mix well and remove from heat.

Grease a serving casserole and fill with layers of noodles, broccoli, sauce and grated cheese till dish is filled. The last layer must be sauce and cheese. Bake in 180° C oven for 30 minutes. Serve with french salad and hot rolls.

HOT TUNA

½ tomato, skinned
125 ml green peppers (chopped)
1 small tin mushrooms, cut in halves
1 tablespoon chopped onion
2 tablespoons butter

Saute for 5 minutes — do not allow to get too brown. Heat 1 tin cream of celery soup for 5 minutes and add to the above. Flake 1 tin tuna and add to the above. Heat all together for 3 minutes — do not boil. Serve on hot rice.

Another excellent supper dish, accompanied by a tossed green salad and hot rolls.

FISH IN PASTRY

1 pkt. frozen soles (smoked)
500 g puff pastry
1 medium onion
1 tin mushroom soup (small)

Sauté onion in butter, add half the soup undiluted. Thicken by adding a little flour.

Take fish off the bones, flake it up and add to the onion and mushroom mixture. Season to taste. Leave in fridge until ready for use.

Roll out pastry. Put fish mixture on one side, cover with other side. Cut and trim to resemble a fish. Bake at 230° C for 10 minutes and then at 180° C until cooked.

Use the other half of the mushroom soup as a sauce by mixing with an equal quantity of fresh cream. Heat and stir for about 10 minutes.

Recipe supplied by DORA GABRIEL

BUTTER SAUCE FOR HOT FISH

500 g butter
2 tablesp. lemon juice
½ tablesp. tobasco sauce
1 tablesp. Worcester sauce

Melt butter and add other ingredients, beating in well with fork. Serve over grilled or steamed hot fish.

SOLES BAKED IN CIDER

4 medium soles (whole)
6 tablespoons butter
4 tablespoons finely chopped parsley
3 tablespoons fine bread crumbs
250 ml hard cider, or slightly sweet white wine
4 tablespoons heavy cream
Salt and pepper

Method: Dot the bottom of a large shallow baking pan with half the butter, then cover with half the chopped parsley. Lay the prepared soles on top, cover with the remaining parsley and dot with the rest of the butter.

Sprinkle with bread crumbs. Season with salt and pepper. Pour the cider carefully over and around the fish and bake in moderate oven — 180° C — for about 25 minutes, or until the thickest part of the fish flesh is just cooked through. (You can see when the flesh is opaque, and white.)

Just before serving, pour the cream into the sauce and serve the fish directly in the baking dish.

FISH WITH WINE

800 g fish fillets
1 tin mushroom soup
2 tablespoons milk
2½ tablespoons sherry
Pinch salt
Grated cheese
Cayenne pepper

Method: Place fish in a fireproof dish. Heat mushroom soup, stirring until smooth, add milk, dash cayenne pepper, sherry and salt to taste.

Pour over fish, and add grated cheese. Bake at 180° C in oven until cooked.

SOLE AMANDINE

4 medium sized soles
¼ teaspoon paprika
1½ teaspoons salt
60 ml flour
2 tablespoons oil
60 ml butter
Tobasco sauce
2 tablespoons lemon juice
125 ml blanched almonds, toasted

Mix flour, salt and paprika and coat soles with same. Place soles in a flat baking dish and brush with the oil. Grill till done and then sprinkle with the almonds which have been cooked for a few minutes in the melted butter, lemon juice and tobasco. Serve hot with new boiled potatoes rolled in parsley.

HADDOCK CHOWDER

750 g smoked haddock
1 onion
45 g butter or 2 tablespoons oil
30 g cornflour
600 ml milk
600 ml water
1 small bayleaf
Few parsley sprigs
1 slice lemon
Pepper
Ground mace or nutmeg
375 ml cooked rice
1 teaspoon concentrated tomato puree
Juice of ½ lemon

Rinse haddock and cut up if a large piece. Place in pot with bayleaf and parsley and slice of lemon. Add water. Cover, and boil for about 15 minutes. Drain off liquid, but keep it.

Cool fish and remove skin and bones, then flake same. Warm butter or oil in a fairly large pan. Add the finely chopped onion and saute for a few minutes until soft but not brown. Add the cornflour blended with the milk. Stir in the strained liquid from the fish. Stir till boiling. Reduce heat and cook very gently for 2—3 minutes, then stir in the flaked fish, rice, tomato puree and lemon juice. Season to taste. Stir for a few moments and serve.

SOLE WITH ASPARAGUS

Have sufficient soles to allow 1 sole to serve 2 people. Fillet the soles and cut each one into 4 lengthwise strips. Season with salt and pepper and on each strip put 1 large or 2 small asparagus spears. Roll up each one and secure with a toothpick. Make a sauce with 2 tablespoons butter and 1½ tablespoons flour, the juice from the asparagus can, and some top milk or cream. Add 2 teaspoons finely chopped onion and 2 tablespoons grated cheese, and the remaining asparagus coarsely chopped. Season to taste. Put the soles into a fireproof dish, and pour the sauce over. Sprinkle top with grated cheese and dust lightly with paprika. Bake in oven for 30 to 40 minutes.

SOLE MARIE

Clean a sole and remove the skin. Poach it for 20 minutes in a Pyrex dish; season with salt, pepper, a pinch of thyme, parsley, and several slices of carrot, onion, lemon and garlic. Carefully remove the fillets. Make a puree of finely chopped mushrooms, slowly cooked in butter with ½ a shallot (chopped), blending in a small amount of flour, several tablespoons heavy cream and a pinch of salt. Reshape the sole on an ovenproof serving dish, with this puree between the fillets.

Heat 150 ml of white wine with 1 tablespoon butter, salt and pepper and blend it into 1 beaten egg yolk. Pour the sauce over the sole and brown quickly in oven.

FILLETS WITH WINE SAUCE

8 fillets
½ teaspoon salt
¼ teaspoon pepper
60 ml milk
1 can cream or celery soup
60 ml Sauterne (wine)
Chopped parsley

Method: Put fillets in greased shallow baking dish, sprinkle with salt and pepper. Blend milk with celery soup, add wine and mix well. Pour sauce over fish, sprinkle with chopped parsley. Bake, until fish flakes easily with a fork. Bake in 200° C oven for 20 minutes.

FISH IN GINGER SAUCE

Boil 1,5 kg firm white fish, filleted and cut into serving slices, in 600 ml of water, 1 onion, 1 carrot, a bayleaf, 2 peppercorns, salt and pepper to taste. Boil till done, but still firm. Remove slices carefully to a serving dish and strain and reserve the stock.

Sauce:

3 tablespoons brown vinegar
6 ginger snaps
125 ml seedless raisins
2 pieces dried ginger
125 ml golden syrup

Dissolve ginger snaps in vinegar and stir into 600 ml of the strained stock. Add the rest of the ingredients and boil up for about 5 minutes.

Allow sauce to cool then pour over fish in serving dish. Let stand in fridge for a day or two before serving.

CURRIED FILLETS OF SOLE

6 tablespoons butter
1 onion, sliced thin
¾ teaspoon salt
1½ teaspoons curry
250 ml white wine
1-1,5 kg fillets of sole
3 tablespoons flour
200 ml milk
Tomatoes and mushrooms

Melt 3 tablespoons butter in a large skillet, add onion, salt, pepper, curry and ⅓ of the wine. Cook fillets in the skillet, a few at a time, until they turn white. Gently lift fish to a shallow 3,5 l casserole. Pour remaining liquid from fish over this. Melt the three remaining tablespoons of butter over low heat, add flour and stir till blended and bubbly. Remove from heat and gently stir in milk and remaining wine. Cook, stirring constantly until thickened. Pour sauce over fish, top with tomatoes and mushrooms. Cover and bake in a 180° C oven for 20 minutes.

EGG AND LEMON FISH

8 pieces filleted line fish
3 tablespoons vinegar
5 allspice
2 bayleaves
750 ml water
Juice of 3 lemons
1 sliced onion
1 piece stick cinnamon
1 dessertspoon honey or syrup
1 heaped teaspoon flour
3 egg yolks
Sugar to taste
1 tablespoon ground almonds

Method: In a large pot, put the 750 ml water with the onion, vinegar, lemon juice, allspice, bayleaves and cinnamon and boil together for 5 minutes. Add the fillets of fish and cook for 10 minutes or till fish is tender. Remove fish to serving dish and keep hot. Boil the liquid for about 5 minutes to reduce slightly and remove from stove. Measure 375 ml of fish liquid and reserve.

In a bowl mix honey, flour egg yolks with 60 ml of the reserved liquid. Mix well and slowly add the rest of the reserved liquid, stirring all the time. Beat well, add the ground almonds and place sauce in a saucepan. Taste for seasoning. Bring slowly to boil, stirring all the time till thickens. Pour over fish and allow to cool. Garnish with lemon slices and parsley. This may also be served hot.

FILLETS OF SOLE IN CREAM ASPIC
(Serves 4)

4 medium soles (filleted)
5 tablespoons butter (75 g)
250 ml dry white wine
5 tablespoons heavy cream
4 sprigs fresh tarragon (or dried) or parsley
Salt, pepper

Clean soles, fillet, and save heads and bones and skin. Dot the bottom of the large ovenproof dish with butter. Roll up each fillet and place on the pieces of butter. Cover with the heads and bones of the fish, dot with the rest of the butter, pour over wine. Bake in 180° C oven, for 15 minutes. Carefully take the rolled fillets out from under the bones, drain and arrange them on a serving platter.

Meanwhile return the bones to the oven and continue to bake for an additional 25 minutes, at end of that time: add the cream to the baking dish and boil up once.

Put the sauce through a fine sieve, and then add salt and pepper to taste. Pour the sauce over the fillets, cool, then place in the refrigerator.

When the sauce begins to set, decorate the fillets with leaves of tarragon, or parsley. Serve cold.

GEFILTE FISH

Make a Court Bouillon as follows:

Place fish heads and bones in a large pot. Add 2,5 l of cold water, 2 teaspoons salt, ½ teaspoon pepper, a pinch of sugar, sprig parsley, bayleaf, 2 carrots, parsnip, celery, a little thyme and 1 sliced onion. Boil for at least an hour. This stock can now be strained and the fish balls cooked in this liquid.

Fish Balls:

1,5 kg line fish or 1 kg line fish and 500 g stock
1 large onion, minced and fried in oil
Salt, pepper, sugar to taste
2 eggs, separated
3 tablespoons Matzo meal or 1 thick slice white bread, soaked in 250 ml of water
1 tablespoon ground almonds
Minced carrot (optional)

Mince the fish finely, add fried onion, sugar, salt, pepper and carrots. Beat egg white until stiff and fold into the matzo meal or bread. Let stand for a few minutes. Add beaten egg yolks. Mix all this into the fish. Shape into balls and cook in the stock for 1½—2 hours. The stock must be boiling when balls are dropped in, but when all the fish has been put in, turn down so that the fish cooks slowly in a covered pot.

BAKED SOLES

Fillets of sole (the frozen variety are very good)
2 or 3 tomatoes
80 ml water
30 g butter
2 shallots
10 g flour
Breadcrumbs (browned)
125 ml white wine
125 ml cream or top milk
Good teaspoon mixed herbs

Roll the fillets, and place them in a well buttered fireproof dish. Dust with salt and pepper. Melt the butter in a saucepan, and simmer the chopped shallots in it, without colouring. Stir in the flour, and slowly add the wine and the water. Bring gradually to the boil and then slowly add the cream. Simmer for five minutes, Season, remembering the fillets have been dusted with salt and pepper, add the tomatoes — skinned and cut into shreds. Then add the herbs. Mix well and pour over the sole fillets. Cover with a layer of breadcrumbs and then a layer of grated cheese. Cook in a moderate oven for twenty minutes.

SOLE IN SUNNY SAUCE

500 g fish fillets
2 tablespoons flour
2 tablespoons butter
250 ml milk
1 tablespoon vinegar
2 egg yolks, beaten
1 tablespoon grated onion
Salt and pepper
60 ml grated yellow cheese

Wipe fish and roll in seasoned flour. Saute carefully in hot butter until delicately browned. Place in shallow dish and cover with the Sunny Sauce made as follows:

Blend flour with melted butter, add milk. Cook until thickened. Add vinegar, egg yolks, onion and seasonings. Sprinkle with grated cheddar cheese and brown in moderate oven for about 10 minutes.

FILLET OF HAKE SARIE MARAIS

For each person allow 250-300 g filleted hake (stock fish). Cut into slices about 25 mm thick. Arrange in deep dish which has been smeared with butter. Season lightly.

Lay slices of tomatoes (peeled) between the layers of fish. Add one glass white wine, one tablespoon chopped onion, one bayleaf, and a little chopped parsley and a few drops of lemon juice. Bake in medium oven for about 15 minutes.

Grease another dish, put in a layer of sweetcorn, add the baked fish. To the stock (gravy) in the first dish add a cup of fresh cream and boil till sauce thickens slightly. Take off heat and add one egg yolk mixed with a little milk or cream. Do not boil this. Pour over fish and serve with new boiled potatoes.

ICED FISH

Bones, skin and heads of fish
2 bayleaves
6 peppercorns
1 small onion
Salt and pepper
1,5 kg filleted Cape Salmon
250 ml mayonnaise
125 ml lemon juice
1 tin cut up asparagus (drained)
Salt and Zeal to taste

Make a thick, strong stock of the heads, bones, skin, bayleaves, peppercorns, onion, salt and pepper. Strain. (The stronger the stock and the more fish bones used, the tastier the dish.)

Poach salmon fillets in this gravy for 20 minutes. Remove fish and flake. Mix with the rest of the ingredients and a small amount of fish gravy. Place in serving dish and allow to chill.

This should be made the day before required.

Recipe supplied by ESTER RUBIN

TUNA ITALIAN STYLE

500 g shell noodles
1½ onions
500 g mushrooms
1½ teaspoons tomato paste
60 g butter
60 ml milk
Tobasco
tin of tuna
1 tin anchovies

Method: Cook separately the shell noodles.

Tuna Sauce: Chop onions and fry. Add mushrooms. Mix in tomato paste with 125 ml water and add to above. Add 60 g butter, milk, dash of tobasco, tuna flaked in large pieces and chopped anchovies.

Serve on bed of noodles, sprinkled with Parmesan cheese.

FRIED FISH WITH A DIFFERENCE

Any white fish, or fillets of sole. Skin and bone fish, and cut into convenient sized pieces for serving. Wash fish, then put pieces into a saucer of milk to which salt has been added, and leave for about 5 minutes. Melt about 60 g butter or margarine. Pour off milk, and roll fish in breadcrumbs, then place in shallow fireproof glass dish. Pour the melted fat over the crumbed fish evenly, so that all crumbs are covered, and place under grill, or top element in oven, until nicely browned. Turn down heat, and cook for about 8 to 10 minutes, test, with fork to see if cooked. (Do not put butter on in small dabs, it stays in one place, and crumbs around it burn very quickly; fats must be melted.) Fish cooked this way is delicious served cold, with a salad, or hot with chips.

FISH MOUSSE

500 g filleted kingklip
2 slices lemon
2 slices onion
2 bayleaves
2 peppercorns
Salt and pepper

Place fish in pot with the above ingredients and cover half way with water. Cook slowly till done. Remove fish and cool. Reserve liquid.

Flake fish and mix with 1 tin Red salmon. Add a little chopped onion and one tablespoon flour which has been blended with 1 tablespoon butter.

Dissolve 1 rounded teaspoon gelatine in a little of the fish stock and then add this to about ¾ of the remaining heated fish stock. Combine this with the fish mixture and fold in 1 250 ml mayonnaise. Mix well and pour onto an oiled mould. Chill overnight. Unmould onto a serving platter spread with shredded lettuce and garnish with tomato, cucumber and radish roses.

HADDOCKS IN CREAM

Cook haddock in boiling water for about 5 minutes. Place in pyrex dish, cover with sliced onions and then pour over the following:

250 ml cream
1 teaspoon prepared mustard
1 teaspoon salt and pepper
2 tablespoons lemon juice
½ teaspoon Worcester sauce

Cook until onions are soft — about ½ hour. Sprinkle with chopped parsley and serve.

ITALIAN FISH SALAD

Boil an egg hard. Remove yolk and put into a bowl. Mash well with a fork, add salt, pepper, good pinch of mustard, small teaspoon sugar, and the same of Worcester sauce. Mix well together, and beat in 1 tablespoon olive oil and 1½ tablespoons vinegar. Then add some finely chopped onion and two tablespoons top milk. Mix well and allow to stand. Now flake some cooked fish, and cut into small pieces the same quantity of cooked potatoes. Add 1 small beetroot also cut small, and a few chopped capers. Beat the dressing, and into it put the fish mixture, turning so that the dressing is evenly distributed. Serve in crisp lettuce leaves, and sprinkle with finely chopped parsley.

COLD BAKED FISH

2-2,5 kg Cape salmon or Kabeljou
3 bayleaves
Few allspice
2 sliced carrots
1 onion, sliced

Wash fish and salt well, then put into roasting pan. Add bayleaves, all spice and carrots and fill quarter way up in roasting pan. Add onion. Cover and bake in 200° C oven for 1 hour. When cooked and cooled, put into fridge overnight. Next day, pull skin off fish.

Sauce:

125 ml fish stock
125 ml whipped cream
500 ml mayonnaise
Few pieces chopped, canned pineapple
2 tablesp. pineapple syrup

Beat all ingredients well together and pour over fish. Decorate with asparagus, hard-boiled eggs, cucumber slices (to resemble fish scales, etc.)

Recipe supplied by SHELLEY BERNSTEIN

HADDOCK VOL-AU-VENTS

4 individual-size puff pastry cases (baked)
30 g butter
30 g flour
300 ml milk
4 eggs
100 g cheddar cheese (diced)
250 g flaked, cooked haddock
1 egg yolk
2 tablesp. grated cheese
Salt and pepper
3 tablesp. thick cream

Heat vol-au-vent cases in warm oven. Prepare white sauce with butter, flour and milk and keep hot in double boiler. Meanwhile poach eggs in boiling water to which is added 1 teaspoon vinegar. Poach for 3 minutes. Remove with slotted spoon and trim edges. Place hot haddock and cubed cheese in cases, put an egg on each. Mix egg yolk with white sauce, add seasoning, grated cheese and cream and pour over eggs in cases.

Serve hot with chopped parsley garnish.

SOLE BONNE FEMME

6 fillets of sole
500 g fresh mushrooms
1 medium sized onion chopped
2 glasses dry white wine
250 ml fish stock (made from bones of soles)
2 sprigs parsley, chopped
Salt and pepper to taste
125 g butter
2 tablespoons flour
125 ml cream
1 egg yolk

Method:

1. Place half the sliced mushrooms in the bottom of a buttered shallow pan, add half the chopped onion, half the salt and pepper.
2. Put the fillets over this and cover with the rest of the mushrooms, onion, parsley and seasoning. Add the wine and dot with butter.
3. Cover with oiled wax paper and cook on top of stove until liquid reaches boiling point. Then place in moderate oven (180° C) for 10 minutes.
4. Place stock and liquid from baked fish in pot and simmer till reduced by half. Carefully place soles on flat oven dish.
5. Blend 125 ml butter with 2 tablespoons flour and add to liquid stirring slowly. Add 125 ml cream, mixed with egg yolk, and pour over soles and place under grill till browned.

Salads and Vegetables

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MERLE KATZ

MERLE KATZ

HONEY DRESSING

250 ml oil
125 ml honey
125 ml lemon juice
1 teasp. salt
1 teasp. dry mustard
1 teasp. paprika

Blend all ingredients except oil in blender. Add oil slowly while mixing.

Excellent over cold chicken or as a dressing for fruit and chicken salad.

AVOCADA DRESSING

250 ml mashed avocado
1 teasp. lemon juice
2 tablesp. honey
1 teasp. minced onion
½ teasp. salt
250 ml mayonnaise (very bland) **or**
250 ml thick cream

Season avocado with all the ingredients and mix into the mayonnaise or cream.

Delicious used with cold chicken or fish. Also very flavoursome with fruits to be served with cold roast chicken or cold lamb or veal.

CURRY YOGURT DRESSING

600 ml Yoghurt (Plain)
½ teasp. salt
½ teasp. paprika
¼ teasp. pepper
1 tablesp. honey
2 tablesp. curry powder
2 tablesp. lemon juice

Mix all together and serve with fish as a cold luncheon dish or with fruits as an accompaniement to cold fried soles, etc.

YOGHURT SALAD DRESSING

250 ml yoghurt (plain)
1 teasp. lemon juice
½ teasp. salt
¼ teasp. pepper
½ teasp. paprika
½ teasp. dry mustard
½ teasp. finely chopped chives

Combine all ingredients and use over green salad or on fruit salad to be served with fish.

CAVIAR DRESSING

125 ml Caviar
1 tablsp. chopped spring onions
1 tablsp. pimento, finely chopped
2 hard-boiled eggs, finely chopped
1 teasp. lemon juice
250 ml mayonnaise

Combine all ingredients with mayonnaise and serve with avocado pear, sprinkled with lemon, or with cold flaked fish heaped into the avocado pear halves.

Also very good for an egg salad, served in lettuce leaves.

BLENDER MAYONNAISE

1 egg
1 tablesp. lemon juice
3 ml salt
3 ml dry mustard
200 ml olive oil

Put egg, lemon juice, salt and mustard in blender. Add 2 tablesp. oil very slowly with blender at low speed. Pour rest of oil in a steady stream. This should only take 2 minutes altogether. This makes about 300 ml mayonnaise.

Here are some variations:

To the above quantity add one of the following:

200 ml chili sauce
1 teasp. curry powder and ½ teasp. garlic salt
2 teasp. dry mustard and 1 teasp. vinegar
2 tablesp. capers and 1 teasp. grated onion
2 teasp. caraway seeds and salt and pepper to taste
3 tablesp. chopped chives and 1 tablesp. chopped parsley

VINAIGRETTE SAUCE

2 tablesp. minced parsley
2 tablesp. minced pickled cucumber
2 tablesp. minced green pepper
2 tablesp. minced chives
1 tablesp. chopped capers
250 ml French dressing

Blend together and use over asparagus or cold fish.

BASIC FRENCH DRESSING

250 ml oil
80 ml cider vinegar
5 ml salt
3 ml black pepper

Mix vinegar, salt and pepper and stir well. Add oil very slowly while beating.

INDIAN DRESSING

2 tablesp. chutney
5 ml curry powder
250 ml French Dressing

Mix all together very well.

Very good over fruit salad to be served with cold meats or fish.

FROTHY PINK DRESSING

250 ml French dressing
60 ml tomatoe sauce
1 egg white
1 tablesp. lemon juice

Put into mixer and beat until fluffy. Very good over mixed green salad for a change.

SALAD NICOISE

(serves 6)

- 1 large lettuce, broken into pieces
- 200 ml French dressing
- 500 ml green beans, not overcooked
- 500 ml cubed cooked potatoes
- 250 ml tuna fish
- 3 medium-sized tomatoes, peeled and quartered
- 2 hard-boiled eggs, quartered
- 1 tin anchovies, cut in half
- 1 tablesp. chopped parsley
- 1 tablesp. chopped fresh tarragon, when available

Sprinkle pieces of lettuce with a little of the dressing. Arrange the rest of the ingredients over the lettuce, leaving egg and anchovies for the top. Pour rest of dressing over and sprinkle with parsley. A few olives can be added if desired.

CAESAR SALAD

(serves 6)

- 200 ml oil
- 1 clove garlic, crushed
- 1 large lettuce, or a mixture of various types of lettuce and endive, if available
- 1 teasp. Worcestershire sauce
- 1 teasp. salt
- 1 teasp. black pepper
- 1 egg, just placed in a cup of hot water to coddle
- 60 ml lemon juice
- 90 g cheese — broken into small crumbles (strong cheese)
- 500 ml toasted croutons

While preparing the salad, place garlic in oil and allow to infuse. Tear lettuce into bite-size pieces and place in bowl with oil and garlic. Add seasonings. Open egg on to lettuce in bowl, sprinkle with lemon juice and toss together until coated with oil, add seasonings. Add cheese and toss lightly again. Top with croutons.

TEL AVIV CABBAGE STEW

- 1 medium cabbage, cut fine
- 1 medium onion, chopped
- 125 ml water
- 2 tablesp. oil
- 1 tablesp. flour
- Salt and pepper
- Juice of 1 lemon
- 2 tablesp. tomato sauce
- 1 teasp. sugar

Fry onion in oil until golden brown. Add the cabbage to the onion with the water and simmer for 45 minutes.

Add the rest of the ingredients and simmer for further 10 minutes. Serve with meat dish.

Recipe supplied by RIVKA LEVY

YOGURT SALAD

1 cucumber, peeled and sliced
1 large red tomato peeled and sliced
½ clove garlic, crushed
Salt and pepper
300 ml yogurt

Slice cucumber and tomato into bowl season with salt, pepper and crushed garlic Add yogurt and mix.

Very good with fresh salmon, or as an accompaniment to curried eggs or fish.

NEW ORLEANS POTATOES

4 sweet potatoes
4 apples
Raisins
Brown sugar
Cinnamon
Butter

Peel and slice sweet potatoes and apples into rounds. Put a layer of sweet potatoes in greased casserole, then a layer of apples, and lastly a layer of raisins. Season liberally with brown sugar and cinnamon. Dot with butter and put into oven at 230° C until it comes to boil. When boiling, turn oven to 160° C for about 1½ hours, then turn oven to 180° C and bake for a further 30 minutes.

Recipe supplied by ESTHER RUBIN

UNCOOKED SALAD DRESSING

1 yolk of hard boiled egg
2 teaspoons sugar
125 ml fresh cream
Pepper to taste
¼ teaspoon mustard
2 tablespoons vinegar
¼ teaspoon salt

Mash hard yolk with a teaspoon in a cup; add mustard, sugar, salt and pepper. Then vinegar and lastly cream. Beat up with a teaspoon and it is ready for use.

CHINESE CUCUMBER SALAD

2 cucumbers
1 tablesp. vinegar
1 tablesp. oil
1 tablesp soya sauce

Do not peel cucumbers. Slice thinly, toss with vinegar, oil and soya sauce, mixed together and chill.

Very good with all Chinese dishes, as well as with fish and meat.

SOUR CREAM CUCUMBER SALAD

200 ml sour cream
1 teasp. chopped spring onion
½ teasp. salt
2 tablesp. vinegar
Freshly ground black pepper
2 cucumbers
Paprika

Peel cucumbers and slice very thinly. Mix all other ingredients, except Paprika, and toss with cucumbers. Sprinkle paprika before serving.

Very good with fresh salmon or any fish dishes.

JAPANESE RADISH SALAD

1 bunch radishes
1 green pepper
1½ tablesp. soya sauce
2 tablesp. vinegar
1 tablesp. sugar

Slice radishes thinly. Combine with other ingredients.

Serve with steaks or fish dishes. Also good with barbecued meats.

SOUR CREAM POTATO SALAD

4 large potatoes
1 teasp. sugar
½ teasp. salt
¼ teasp. dry mustard
⅛ teasp. freshly ground black pepper
2 tablesp. vinegar
250 ml thick cream
125 ml chopped pickled cucumber
Paprika

Boil potatoes and peel and slice while warm.

Mix sugar, salt, mustard, pepper and vinegar. Add cream and cucumber and pour over potatoes. Mix lightly. Before serving, sprinkle with paprika.

CABBAGE SALAD

1 large young cabbage
1 tablesp. crushed or finely chopped garlic
250 ml diced young celery
1 cup chopped spring onion
Salt
Freshly ground pepper
125 ml grape vinegar
125 ml salad oil

Cut cabbage into large pieces, add garlic, celery and onion. Toss well with salt, pepper, vinegar and oil. Place in fridge and allow to macerate.

Recipe supplied by HELEN GOFFINET

SPRING POTATO SALAD

4 large potatoes
2 tablesp. chopped spring onion
125 ml cream (sour)
125 ml mayonnaise
Salt and pepper to taste
1 teasp. celery seed

Cook, peel and dice potatoes. Mix other ingredients and toss lightly with potatoes. If available, sprinkle with 60 ml finely chopped fresh celery.

CHEESE SALAD

500 g firm, red tomatoes
250 g cubed cheese (Bel Paese or Cheddar)
125 g black olives
1 tablesp. oil
½ teasp. origano
½ teasp. basil
Salt

Cut tomatoes into quarters. Mix with cheese and sliced olives. Sprinkle with oil, basil, origano and salt.

Serve with crusty rolls as light luncheon.

ITALIAN VEGETABLE SALAD

1 head of lettuce
1 pkt. frozen peas
1 pkt. frozen lima beans
2 tomatoes
1 sprig mint, chopped
1 bunch radishes
1 head chicory
60 ml oil
1 tablesp. vinegar
Salt and pepper

Cook, drain and cool frozen vegetables. Break lettuce into bowl, add sliced radishes, tomato, mint and separated chicory leaves.

Make dressing from oil, vinegar, salt and pepper and pour into bowl, coating vegetables.

INSALATA

1 medium lettuce
1 clove garlic
1 tin rolled anchovies
30 ml olive oil
30 ml vinegar
8 black olives
8 green olives
1 tablesp. oregano
Salt and pepper

Rub salad bowl with cut clove of garlic. Combine broken lettuce, anchovies with oil from tin, olives, oregano, salt, pepper, oil and vinegar. Toss all together.

Served with grilled steak or Vienna Schnitzel.

GREEN BEAN SALAD

1 pkt. frozen green beans
1 tin fillets of anchovies
1 clove crushed garlic
4 sprigs parsley
2 tablesp. olive oil
Juice of 1 lemon
Salt and pepper

Cook beans in boiling salt water for 5 minutes. Chop anchovies, mix with garlic and parsley, add oil, lemon juice salt and pepper to taste.

When beans are drained and cold, add the anchovy dressing Excellent served with veal dishes or Italian food.

BAKED TOMATO

Per person:

1 tomato
Little butter
¼ teasp. celery salt
Chopped parsley

Halve tomatoes. Place butter and celery salt on top. Grill till cooked and then sprinkle with parsley.

BEETROOT SALAD

4 beetroot
125 ml sour cream
1 teasp. lemon juice
1 small onion

Line dish with lettuce leaves. Mix cooked, sliced beetroot with cream and lemon juice, add onion rings.

EASTERN SALAD

1 diced fresh pineapple
2 diced peeled oranges
125 ml sour cream
2 diced tomatoes
1 crisp lettuce heart
60 ml chopped parsley

Mix all together, serve on outer lettuce leaves, sprinkled with parsley.

DRESSING FOR GREEN SALAD

To be Served with Fish Dishes

5 tablesp. thick cream
2½ tablesp. oil
1 teasp. prepared mustard
1 teasp. tomato sauce
Juice of ½ lemon
1 small onion, grated finely
1 teasp. chopped parsley
Pinch tarragon
Salt and pepper

Mix all ingredients in bowl very well and pour over salad just before serving.

ITALIAN SALAD DRESSING

Shake in a jar:

6 tablesp. oil
80 ml vinegar
1 clove garlic
½ teasp. oregano
Salt and pepper

Allow to refrigerate overnight. Shake before using. Serve over vegetable salad or over cold meat or cold fish, mixed with lettuce.

HEARTY SALAD

1 tin butter beans
2 eggs, hard boiled and cubed
6 spring onions, sliced
2 firm tomatoes, cubed
500 ml cooked potato, cubed
2 tablesp. chopped green pepper
125 ml cucumber, diced
6 radishes, sliced
125 ml vinegar
60 ml olive oil
Salt and pepper
Tobasco to taste

Combine all ingredients and serve with cold meats or fish or just with crisp rolls and butter.

EGGPLANT SALAD

Grill 2 large eggplants in their skins until they are burnt. Take the skins off while still hot. Mash finely and add juice of one lemon. Chop three hard-boiled eggs and add to eggplants with salt and pepper to taste.

Recipe supplied by SYLVIA WEINBERG

MACARONI AND CHEESE SALAD

1 packet elbow noodles
2 tablespoons vinegar
125 ml chopped green peppers
2 tablespoons chopped pimento
150 ml mayonnaise
250 ml diced cheddar cheese
60 ml diced celery
2 tablespoons chopped spring onion
1 green pepper, cut in rings

Cook noodles in salt water. Drain and rinse under cold water. Add vinegar, mix lightly, let stand for 10 minutes. Add the cheese, chopped green pepper, diced celery, pimento, onion and mayonnaise. Toss to blend. Chill. Garnish with green pepper rings. Serves 8 people.

May also be used to stuff tomatoes or avocados.

POTATO SALAD

600 ml diced, cooked potatoes
1 teaspoon sugar
125 ml chopped onion
1 teaspoon vinegar
1½ teaspoons salt
1½ teaspoons celery seed
200 ml mayonnaise
2 hard boiled eggs
60 ml diced pickled cucumber

Sprinkle potatoes with sugar and vinegar. Add onion, seasonings and cucumber. Add mayonnaise. Toss to blend. Carefully fold in eggs.

Serve in lettuce-lined bowl and garnish with parsley, sliced radishes, and extra egg slices if desired. Serves 4 people.

AVOCADO PEAR SALAD

1 avocado pear
1 teasp. salt
Diced pineapple
¼ teasp. pepper
2 tablesp. lemon juice
4 tablesp. water
Sugar to taste

Cut pulp of avocado pear into small pieces. Add diced pineapple, but have more avocado pear than pineapple. Mix remaining ingredients and toss the fruit in this juice. Arrange on crisp lettuce leaves and garnish with finely grated carrots.

Recipe supplied by SYLVIA WEINBERG

POTATO LATKES

1 kg potatoes
1 onion
2 eggs
30 g flour
Salt and pepper
Oil for frying

Peel and grate potatoes on fine grater. Grate onion and add with salt and pepper to taste to the potatoes, having first drained off the water formed after grating potatoes. Stir in flour. Beat eggs and add.

Heat oil in large frying pan and drop dessertspoons of the potato batter in. flattening mixture. Leave space between each as these spread. Fry till golden brown on one side, turn and complete frying. Drain on paper and serve hot.

These Latkes may be served with sour cream (as a dip), with cinnamon and sugar sprinkled on them, or sandwiched together with cream cheese flavoured with chopped chives. They may also be served instead of roast potatoes with meats.

CAULIFLOWER, CRÈME MOUTARDE
(Cauliflower with Mustard Sauce)

(Serves 8)

Steam 1 large cauliflower standing in very little water until it is barely tender. It should retain its shape and colour. Drain it carefully into a large colander. Then turn it carefully right side up in the colander to make sure it is well drained.

In a vegetable dish, place a folded white cloth napkin. Place the cauliflower right side up onto the napkin to absorb any remaining moisture.

Serve immediately with Créme Moutarde.

Creme Moutarde:

200 ml heavy cream or Orly Whip, chilled
200 ml mayonnaise
1 tablesp. lemon juice
1 tablesp. prepared mustard
Salt and pepper to taste
Pinch of paprika

Whip the cream until it is stiff. Without washing the beaters, whip the mayonnaise, lemon juice and mustard until smooth. Taste, add salt and pepper. Whip again to mix well.

Blend the whipped cream into the mayonnaise mixture. Combine carefully. Turn the créme moutarde into a sauce boat. Sprinkle the top lightly with paprika.

Serve the créme moutarde chilled, with hot cauliflower, with hot or cold fish, or with cold meats.

Recipe supplied by THELMA KOLNICK

SWEET AND SOUR RED CABBAGE

1 head red cabbage shredded
1 teaspoon vinegar
2 tablespoons butter
1 tablespoon chopped onion
2 tablespoons vinegar
1 tablespoon sugar.

Wash cabbage, remove outer leaves and shred. Cook, covered, in boiling salted water with 1 teaspoon vinegar added. Do not overcook — about 5 minutes. Drain, and reheat cabbage with butter, chopped onion, vinegar and sugar.

CABBAGE SALAD

1 small cabbage
1 root of celery
3 chillies
1 large onion

Slice ingredients finely and place in a bowl, adding pepper and salt. Mix well. Make a dressing of 1 tablespoon sugar, 125 ml of vinegar, 125 ml of oil. Pour onto the salad and mix again thoroughly.

GREEN RICE

200 ml thinly sliced spring onions
60 ml chopped parsley
125 ml finely sliced green peppers
1 tablespoon finely sliced celery stalks
250 ml uncooked rice
3 tablespoons oil
500 ml stock
1 teaspoon salt
¼ teaspoon pepper

Cook onions in oil till tender, but not brown. Add all the other ingredients and place in a 2,5 l casserole with lid. Foil may be used to cover dish.

Bake at 180° C for 45 minutes — or until rice is tender. All the moisture should be absorbed. Before serving toss with a fork. Serve with meat dishes or with baked fish.

POTATO AND MUSHROOM SCALLOP
(To serve 4 persons)

3 potatoes cut in rounds not too thin
2 onions cut in rings
250 g mushrooms or less (stalks only can be used) cut lengthwise
150 ml cream (approx.)

Line a pyrex or ovenware dish with a layer of potatoes, then a layer of onions and then a layer of mushrooms, pepper and salt, dot with butter. Continue in this way, finishing with a layer of potato. Pour cream over the contents of the dish, cover with a lid and bake in oven at 150° C. When nearly done, remove lid for last 10 minutes. This may also be made without mushrooms if desired. Delicious served with baked or grilled fish.

CHINESE HOT SWEET-SOUR CARROTS

1 bunch carrots
2 tablespoons vinegar
1 heaped tablespoon fat or cooking oil
1 teaspoon salt
2 tablespoons sugar
1 tablespoon cornflour
375 ml water

Wash carrots, but do not peel. Cut into slices obliquely. Heat fat or oil and stir-fry (this means keep them moving continuously) the carrots for 1 minute. Then add salt and 125 ml water and let boil for 5 minutes. If carrots are big and old, let them cook a little longer. Mix the vinegar, sugar, cornflour and 250 ml water. Add to the carrots and cook till the gravy is translucent. This is very good with corned beef.

STUFFED ONIONS

Large onions. Peel and boil until almost done. Scoop out a depression in the tops. Mix grated cheese with a few chopped walnuts and a little butter; fill the onions and place in a pie-dish. Make a creamy sauce with the liquid from the onions flavouring it with more cheese and nuts. Pour this over the onions and bake for 10 minutes.

CAULIFLOWER AND TOMATO SOUFFLE

(with hot fish)

1 cauliflower (already cooked)
15 g butter
2 eggs
Salt, pepper and breadcrumbs
500 g tomatoes
100 g grated cheese
200 ml milk
30 g flour

Slice tomatoes and divide cauliflower into sprigs. Put these into fireproof dish with salt, pepper and 60 g cheese. Melt butter, stir in flour, add milk and stir until it boils. Take pan off stove and add 30 g cheese and beaten egg yolks. Stir in stiffly beaten whites and pour over cauliflower mixture. Sprinkle with breadcrumbs and rest of cheese. Dab rest of butter on top and bake in moderate oven for 45 minutes. Serve in same dish.

STUFFED SAVOURY APPLES

Scoop out the centre of apples, fill with a mixture of chopped onion, grated cheese and a little sage to flavour, put a knob of butter in each and bake for 10 to 15 minutes until apples are cooked.

GREEN BEAN SALAD

1 kg young beans without strings
1 tablesp. parsley, chopped fine
2 tablesp. onion, chopped very fine
Salt and pepper
2-3 tablesp. oil
2-3 tablesp. vinegar

Boil beans in salted water until tender, but still a little crisp. Drain in colander and allow to get cold. When cold, add the parsley, onion, plenty of salt and pepper, oil and vinegar.

Recipe supplied by HELEN GOFFINET

ASPARAGUS SUPREME

Boil liquid from a can of asparagus and then add it slowly to the wellbeaten yolks of 2 eggs. Return to stove and allow to simmer slowly, stirring constantly and bring to boiling point for 5 minutes. Pour mixture over asparagus and put in fridge to set.

SPANISH RICE

200 ml rice
2 tablespoons fat
1,25 l good stock
50 ml tomatoes
125 ml chopped green peppers or pimentos
Salt, pepper and paprika
2 onions

Fry the rice in the fat until brown, then add stock and boil until soft. Drain. Saute the onion in a little fat; mix with the tomatoes and chopped peppers or pimentos, and add to the rice. Add seasoning, and place in a greased casserole. Bake at 180° C for 30 minutes. (This is a dish which goes well with roast or fried chicken, or chicken in casserole, and can be prepared in the morning, left on one side and baked for the necessary 30 minutes, just before required.)

RICE SALAD

500 ml raw rice
250 ml chopped green pepper
250 ml chopped tomatoes
125 ml chopped onion
¼ teasp. curry powder
1 tablesp. chutney
3 tablesp. mayonnaise

Boil the rice. When cooked, toss together with remaining ingredients.

Recipe supplied by SHELLEY BERNSTEIN

HAWAIIAN BAKED RICE

375 ml uncooked rice
500 ml water
125 ml pineapple juice
2 tablespoons salt
250 ml drained crushed pineapple
125 ml sugar
3 tablespoons shortening
2 teaspoons grated lemon rind
1 teaspoon lemon juice
¼ teaspoon nutmeg

Cook rice in water, pineapple juice and salt, till tender and liquid has been absorbed. Add other ingredients and stir with fork. Place in a greased 1,25 l casserole and bake 15-20 minutes in 190° C oven. Serve with duck or with suitable chicken dishes. Pass green salad with this.

RISOTTO

Take a chopped onion, 2 tablespoons of dripping and 250 ml or rice and fry until rice is golden brown. Add 300 ml of stock or water (if water is used, add a teaspoon of Bovril), 250-500 ml of diced meat (smoked beef or chicken is very tasty) add 3 tablespoons of tomato sauce, add salt to taste and boil gently until the rice is cooked. Makes 4 good helpings and is a good way to use up left-over meat.

POTATO SAVOURY

Well wash 4 large potatoes, bake them in their skins. When thoroughly cooked, split in half lengthwise. Remove white insides, and mash with a tablespoon butter, pepper and salt, and a good seasoning of chopped parsley. Beat 2 egg yolks and mix in. Finally beat whites of eggs and fold in lightly. Divide mixture into potato skins, pile up lightly, and brown in oven 5-10 minutes.

CHINESE RICE

Heat a little oil in a pan. Add 1 small chopped onion, 2 cloves garlic, 2 finely sliced green peppers. Heat till limp but not brown.

Add 500-750 ml cooked rice and 2 tablespoons soya sauce. Season with salt and pepper. Stir till hot and then add 125 ml chopped almonds. Serve hot with meat dishes.

CURRIED RICE SALAD MOULD

500 ml rice, boiled with
2 tablesp. curry powder and salt
3 tablesp. oil
Salt and pepper
2 tablesp. chopped onion (fine)
2 tablesp. celery, coarsely chopped
125 ml currants
2 tablesp. almonds
Grated Carrots
Green pepper rings
1 hard boiled egg

Boil rice in curry powder and salt until cooked very dry. While still hot, add oil, salt, pepper, onion, celery, currants and almonds. Mix well together and press into an oiled mould. Demould instantly onto plate or platter and decorate platter with grated carrots and green pepper rings. Decorate top of moulded rice with sliced hard boiled egg.

Recipe supplied by HELEN GOFFINET

BAKED PINEAPPLES

This may be served as a dessert with whipped cream or ice-cream. It may also be served as an accompaniment to duck or Hawaiian chicken.

Slit pineapples in half, cutting through the green tops as well. Scoop out the fleshy part, leaving a thick wall of fruit in the shell.

Cut the scooped flesh into cubes and marinate in brandy or rum for a few hours. Refill shells with this and bake in a 180° C oven till pieces begin to get tender. During cooking, cover the fruit with tinfoil. This must be served hot.

ORANGES AND SWEET POTATOES

In a greased casserole dish arrange the following:

1. Layer of par-boiled sweet potatoes, sliced
2. Sprinkle brown sugar
3. Dot with lumps sugar
4. Layer of unpeeled thinly sliced oranges.

Repeat these layers till dish is full. Over this pour the juice of 2 oranges mixed with 60 ml honey.

Mix 60 ml breadcrumbs with 2 tablespoons brown sugar and 2 tablespoons butter and sprinkle over top. Bake in 180° C oven for 40 minutes. Serve as vegetable.

RED CABBAGE SAUCE

Chop 1 small red cabbage finely and cook in boiling water for 10 minutes. Boil separately 2 large apples.

In pot melt 3 tablespoons butter. Add 2 teaspoons flour and stir well. Add 80 ml vinegar and stir well. Add 60 ml brown sugar and 60 ml red wine. Pour this sauce over the cabbage and apples and cook together over low heat for 10 minutes.

BANANAS CARRIBEAN

- 4 medium bananas
- 60 ml brown sugar
- 125 ml fresh orange juice
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cinnamon
- 125 ml sherry
- 1 tablespoon butter
- 2 tablespoons rum

Peel bananas and cut in half lengthwise. Place in buttered baking dish. Combine sugar, orange juice, spices and sherry. Heat and pour over bananas. Dot with butter. Bake in 200° C oven for 10-15 minutes, basting once or twice. Remove from oven and sprinkle with rum.

CABBAGE AND APPLES

1 small cabbage
2 sour apples, peeled
½ onion, grated
1 tablespoon caraway seeds
3 tablespoons fat
2 teaspoons salt
Paprika to taste

Cut cabbage finely and soak in salt water for 10 minutes. Drain well. Heat fat, add cabbage, apples shredded, onion, and caraway seeds. Stir through well, add salt and paprika, cover tightly and cook slowly for 1 hour. Serve with duck, goose or roast meats.

POTATO KUGEL

6 potatoes
2 eggs
125 ml flour
½ teaspoon baking powder
1½ teaspoon salt
⅛ teaspoon pepper
1 large onion, grated
60 ml chicken fat

Grate potatoes and squeeze out excess liquid. Add eggs and mix well. Sift together dry ingredients and add to mixture. Saute onion in fat till pale colour and add to mixture. Stir well and pour into a greased pyrex dish and bake at 180° C until crisp and brown on top and at sides — about 1 hour to 1½ hours. Serve hot.

CASSEROLE OF POTATOES AND APPLES
(to serve with duck)

500 g potatoes
500 g cooking apples
60 g margarine
Salt and pepper

Parboil potatoes and cut into slices. Peel, core and slice apples. Grease a casserole thickly, but the sliced apples and potatoes in layers sprinkled with salt and pepper, add the margarine and cover. Cook in slow oven for about one hour. Serve with roast duck or goose.

DUCHESS POTATOES

750 ml mashed potatoes
1 egg
1 teaspoon baking powder
1 tablespoon butter

Season potatoes with salt and freshly ground pepper. Add the beaten egg, butter and baking powder to the potatoes. Drop in heaping tablespoons of potato at a time into deep hot fat and brown. Drain on absorbent paper and serve at once.

RED CABBAGE AND APPLES

1 finely shredded head red cabbage
2 large cooking apples, sliced and cored
125 ml vinegar
250 ml water
6 cloves
1 teaspoon flour
1 tablespoon shortening
Salt and sugar to taste

Pour 1,25 l of boiling water over the washed and shredded cabbage and boil for 2 minutes. Drain and add vinegar, water, cloves, salt and sugar, fat and apples to cabbage. Cook slowly for 2 hours over very low heat, stirring occasionally and, if necessary, adding a drop of water. Add one teaspoon flour mixed to a paste with a little cold water and when cooked through, serve.

This vegetable is very good served with duck, roast lamb or goose.

HUNGARIAN SALAD

6 large onions
6 green peppers, sliced
6 medium thin cucumbers with skin
12 light green tomatoes
2 handfuls salt
375 ml vinegar
1 l water
80 ml sugar
6 bayleaves
12 peppercorns
Pinch of pepper
1 red pepper, sliced thinly

Remove seeds from green peppers. Put thinly sliced onions, green peppers, cucumbers and tomatoes into large basin and rub in well the 2 handfuls of salt. Allow this to stand overnight. Rinse very well in cold water. Drain.

Boil the vinegar, water and sugar. Remove from heat and add bayleaves, peppercorns, seasoning and red pepper thinly sliced. Pour this mixture over the vegetables and bottle. Keeps in a fridge indefinitely.

Recipe supplied by ESTHER RUBIN

CREAMED MUSHROOMS ON TOAST

Fry 500 g mushrooms in 60 g butter. Make a sauce as follows:

Melt 60 g butter. Add 2 tablespoons flour and stir for a few minutes. Stir in 250 ml cream and keep stirring till smooth and thickened. Remove from heat and season with salt, pepper and a pinch of sugar. Stir in 60 ml sherry and 60 ml chopped parsley and add this sauce to the mushrooms.

Serve hot, piled high on slices of toast.

FRIED BANANAS

Cut bananas in halves lengthwise and sprinkle with lemon juice. Dip in beaten egg and then in crushed cornflakes. Drop into deep hot fat and remove when golden. Drain on absorbent paper.

INSTANT CUCUMBERS

4 to 6 cucumbers, cut into thick slices with skin.

Place in jar with:

24 peppercorns
10 bayleaves
4 large sections garlic

Boil together:

250 ml white vinegar
750 ml water
2 heaped tablespoons sugar
1 tablespoon salt

When cold pour over cucumbers. Allow to stand two hours.

RICE SALAD

Have ready 750 ml cooked, cold rice. Add:

250 ml chopped celery
125 ml chopped radishes
1 tin chopped anchovies
125 ml chopped green pepper
125 ml chopped spring onions

Mix all together with French dressing and the oil from the anchovies. The quantities of ingredients may be altered to suit your own taste.

Crumble a generous quantity of crumbled Roquefort cheese into the salad and on the top.

Serve in bowl lined with lettuce leaves and garnished with lemon slices.

MOULDED POTATO SALAD

Soften one dessertspoon gelatine in 60 ml cold water for 5 minutes. Dissolve over boiling water. Add 2 teaspoons sugar, ½ teaspoon salt, 2 teaspoons lemon juice. Cool slightly. Add 2 teaspoons grated onion, 1 teaspoon chopped parsley and 375 ml diced cooked cold potatoes. Fold in 125 ml mayonnaise and 125 ml cream. Mix well. Put into mould and set.

CABBAGE SALAD IN CREAM

One head cabbage, shredded finely and soaked for 30 minutes in cold salt water.

Dressing:

250 ml sour cream
2 tablespoons sugar
1½ tablespoons lemon juice
1 tablespoon mayonnaise
½ teaspoon salt
¼ teaspoon pepper

Combine these ingredients and pour over the cabbage which has been well drained of the water. 125 ml of capers may be added if desired.

LEEK SALAD

4 leeks
250 ml French dressing
4 firm tomatoes
1 head lettuce
Capers

Cook leeks in well salted water until tender. Drain, cool and slice. Marinate in French dressing for several hours. Drain and arrange on lettuce wedges surrounded by quartered tomatoes and garnished with capers.

CUCUMBER SALAD

3 firm cucumbers
Salt and pepper
Ground dill
1 clove minced garlic
Sugar
250 ml sour cream

Wash but do not peel cucumbers. Slice very thin and sprinkle with salt. Leave for about half an hour and drain off liquid. Mix sour cream with salt and pepper, ground dill and minced garlic and a little sugar. Mix cucumbers with sour cream and serve very cold.

GREEK SALAD

125 ml olive oil
3 tablespoons wine vinegar
1 crushed clove garlic
1 tablespoon lemon juice
Salt, pepper, paprika
¼ teaspoon sugar
¼ teaspoon mustard powder
Tomatoes, onions, green peppers
Black olives
Anchovies
Sliced cucumber

Combine oil, vinegar, seasonings and mix thoroughly. Chop vegetables coarsely and pour over dressing. Garnish with olives, anchovies and cucumber slices.

TOMATO SHERBET

4 large tomatoes, peeled and chopped
1 teaspoon minced onion
250 ml mayonnaise
1 teaspoon sugar
¼ teaspoon salt
Pinch cayenne pepper

Mix all ingredients and pour into a freezing tray. When half set, remove from tray and beat up with a fork. Replace and freeze. Serve as an appetiser in avocado pear halves which have been sprinkled with lemon juice. Scoop sherbet with icecream scoop and serve on lettuce leaves.

CUCUMBER SALAD

1 cucumber
½ chilli
1 tomato
1 onion

Peel, dice and mix all together in salad bowl, then pour over 1 tablespoon each of salad oil, vinegar and water, add salt to taste.

RICE SALAD

30 g rice per person
200 g ripe tomatoes
4 tablespoons cooked carrots
4 tablespoons cooked peas
½ cucumber or gherkin
1 teaspoon parsley

Cube vegetables and add to rice. Blend with French dressing.

French Dressing:

1 tablespoon vinegar
2 tablespoons oil
1 teaspoon sugar
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon mustard

CAULIFLOWER SALAD

1 head of cauliflower broken into flowerettes
250 ml mayonnaise
1 tablespoon cream
1 teaspoon small capers
Juice of ½ lemon
Salt and Tobasco to taste
Paprika

Steam cauliflower in very little water for 15—20 minutes till almost tender. Drain in colander.

In a salad bowl combine the mayonnaise, cream, lemon juice, salt and add tobasco to taste. Mix well. Add capers and warm cauliflower to dressing and toss carefully. Sprinkle with paprika. This salad may be served warm or it may be chilled.

BABY MARROW SALAD

Wash well 4 baby marrows and slice very thinly.
Add 3 tomatoes, quartered.
Add 3 hard boiled eggs, quartered.
A handful of black olives
One tin chopped rolled anchovies

Dressing:

Beat 4 tablespoons oil
4 tablespoons vinegar
4 tablespoons tomato sauce
A little cream
A dash of tobasco
Salt, pepper, sugar to taste

Pour dressing over salad ingredients and serve.

CHOPPED SALAD

1 medium-sized onion
Sugar, vinegar, salt and pepper to taste
1 large tomato
1 large apple

Chop onion finely, chop apple and tomato not too finely and combine all ingredients. To this may be added any or all of the following: Egg, cucumber, pineapple, celery, green chillies, avocado pear, portions of orange, or any other fruit. Everything must be chopped, not too finely, except the onion. Two or three mint leaves finely chopped and mixed in gives an intriguing flavour.

BEETROOT SALAD

Slice after cool and about 1 hour before required. Pour lemon juice and orange juice over and a tablespoon or so of honey.

ANCHOVY EGG SALAD

500 ml shredded lettuce
125 ml thinly sliced celery
4 hard boiled eggs, chopped 8 to 10 anchovy fillets
French dressing
Salt and pepper
Lettuce
Mayonnaise

Toss together the lettuce, celery and eggs. Cut the anchovy fillets in small pieces and add to the shredded lettuce mixture. Toss with French dressing to moisten well. Add salt and pepper to taste.

Serve on crisp lettuce with mayonnaise. Serves 4.

CARROT AND RAISIN SALAD

500 ml grated carrots
Almonds, blanched and shredded
150 ml seedless raisins
Mayonnaise or orange juice

Mix carrots, raisins and almonds. Moisten with dressing Serve in lettuce cups.

BANANA WALDORF SALAD

500 ml diced banana
125 ml diced celery
125 ml broken nut meats
1 tablespoon lemon juice
Mayonnaise
Salt

Combine banana, celery and nuts. Add lemon juice, enough mayonnaise to moisten and season with salt to taste. Chill thoroughly and serve in lettuce leaves. Serves 4.

PRUNES AND SWEET POTATOES

500 g sweet potatoes
250 g prunes
1 tablespoon chicken fat
Golden syrup
125 ml water
Salt and cinnamon to taste

Place chicken fat in pyrex dish and fill with layers of sliced sweet potatoes and prunes. Pour syrup over and sprinkle with cinnamon and a little salt. Add 125 ml water and bake in a moderate oven till cooked and golden brown. Add a little more water if necessary.

EGG AND TOMATO SALAD

6 hard boiled eggs, chopped
60 ml finely chopped celery
80 ml sliced stuffed olives
60 ml finely chopped spring onions
½ teaspoon salt
Dash pepper
60 ml mayonnaise
6 medium-sized firm tomatoes

Combine eggs, celery, olives and onions. Season with salt and pepper. Add mayonnaise. Mix well.

Scoop out centres of tomatoes and fill with the egg salad. Top with additional olive slices. Chill till required. Serves 6 people.

WALDORF SALAD

4 apples
2 bananas
1 green pepper
125 g dates
Walnuts
Mayonnaise
Whipped cream
Salt
Lettuce
Cayenne pepper
Celery

Remove tops of apples and core. Scoop out the pulp, leaving the apple in shape. Chop the apple scoopings, celery, dates and pepper. Marinate in mayonnaise. Fill the apples and top with cream. Stand stalk celery in centre, cut partly in strips so that it curls. Serve on lettuce with bananas cut into quarters dipped in mayonnaise. Sprinkle with nuts.

CUCUMBER SALAD

Peel two firm green cucumbers, slice very thinly, sprinkle with salt, and leave for about an hour, then pat dry to extract moisture.

Mix with vinegar and olive oil, add a few slices of onion, and sprinkle with paprika or pepper. Leave to stand for two hours before serving. Two tablespoons of sour cream may be added instead of pepper if so desired.

CREAMED SPINACH

Wash well 1 kg spinach and place in pot only with water which is on the leaves from final rinsing. Cook for 5 minutes. Chop spinach very finely and season with salt, pepper, sugar and a pinch of nutmeg.

Melt 3 tablespoons butter. Stir in 3 tablespoons flour and cook for a few minutes, stirring over very low heat. Add 250 ml cream and stir again. Cook till thickens and add to spinach. Mix well and place in serving bowl and sprinkle with Parmesan cheese and serve at once.

This is an excellent vegetable to serve with all hot fish dishes.

This spinach may also be made into a good supper dish if placed in individual serving dishes with two poached eggs to each serving. Sprinkle the poached eggs in their spinach beds with Parmeson cheese and serve with hot buttered toast.

GREEN PEPPER COLE SLAW

1 l shredded cabbage
250 ml chopped green pepper
125 ml grated carrots
1 teaspoon salt
⅛ teaspoon white pepper
2 tablespoons sugar
125 ml mayonnaise
1 tablespoon tarragon vinegar
1 teaspoon celery salt
Salad greens
Green pepper rings

Combine cabbage, green pepper and carrot with seasonings. Mix together mayonnaise, vinegar and celery salt, and add to cabbage mixture tossing lightly. Place in a bowl lined with salad greens and garnish with green pepper rings. Serve 6.

MEXICAN RICE

250 ml white rice
½ clove garlic
1 small onion
2 tablespoons fat
2 teaspoons salt
½ green pepper
2 teaspoons chili powder
250 ml canned tomatoes
500 ml beef stock

Wash rice thoroughly. Saute in hot fat with onion and minced garlic until brown. Add chopped green pepper, salt, chili powder, tomatoes and stock. Cover and simmer for 30 minutes, until rice is tender. Uncover the pan the last few minutes of cooking time so that the rice will not be soggy.

250 g of minced meat may be added to this dish if desired.

PINEAPPLE GRAPE SLAW

500 ml shredded cabbage
250 ml crushed pineapple (drained)
250 ml chopped celery
125 ml chopped green pepper
250 ml seedless green and black grapes
1 tablespoon wine vinegar
125 ml mayonnaise or salad dressing
¼ teaspoon salt
⅛ teaspoon pepper
Lettuce

Combine the cabbage, pineapple, celery, green pepper and grape. Slowly add the vinegar to the mayonnaise or salad dressing, with the salt and pepper. Add this to the salad mixture, tossing lingthly. Chill, and serve in lettuce cups.

GREEK CABBAGE SALAD

½ uncooked white cabbage, finely shredded
2 tablespoons tinned butter beans
30 g black olives
1 tablespoon capers
4 tablespoons vinegar
3 tablespoons olive oil
¼ teaspoon mustard
Salt and pepper

Wash the finely shredded cabbage and drain well. Combine with beans, olives and capers. Make a dressing of the vinegar, oil and seasonings, and when thoroughly mixed, pour over the salad ingredients.

BEET-RING SALAD

1 can diced beets
1 package lemon flavoured gelatine (or jelly)
80 ml orange juice
2 teaspoons horseradish (red)
2 teaspoons vinegar
1 teaspoon minced onion
1 teaspoon salt
250 ml finely chopped celery

Drain juice from beets, measure 250 ml juice into saucepan, and bring to boil. Dissolve gelatine in hot beet juice. Add remaining ingredients except celery and beets. When mixture is slightly thickened, fold in celery and beets.

Turn into a ring mould, or into individual moulds, and chill until firm. Unmould on crisp salad greens and serve with mayonnaise. Serves 6.

BUFFET SALAD

½ teaspoon dry mustard
½ teaspoon salt
Dash pepper
1 teaspoon grated onion
1 tablespoon vinegar
2 tablespoons salad oil
250 ml cooked peas
200 ml cooked diced carrots
375 ml cooked rice
60 ml mayonnaise
125 ml diced celery

Combine mustard, salt, pepper and onion. Add vinegar and oil and mix well. Add peas and carrots and mix lightly. Cover and chill in refrigerator about 1 hour. Add rice, mayonnaise and celery. Toss lightly. Chill about 15 minutes more.

Pile in lettuce cups in centre of large platter. Surround with assorted cold cuts, and quartered hard boiled eggs. Serves 6.

POTATO CASSEROLE

1 kg potatoes	Salt and pepper
100 g grated cheese	100 g butter
2 tablesp. chopped parsley	500 ml milk

Slice peeled potatoes thinly. Grease a casserole and line with slices of overlapping potato. Sprinkle with cheese, parsley, salt and pepper. Dot with butter. Repeat in layers till all potatoes used up (leaving some cheese, parsley and butter) Pour milk over top and sprinkle with rest of cheese, parsley and butter. Bake at 190° C till potatoes are tender and casserole is brown.

Serve with fish dishes.

SALAD DRESSINGS

No. 1: Basic French Dressing:

3 parts oil	Salt pepper and mustard
1 part taragon vinegar	to taste

This is shaken together and may be kept in a bottle in the fridge for when required.

No. 2: Mayonnaise:

Beat together 2 egg yolks, 1 teaspoon salt, 1 teaspoon mustard powder, ¼ teaspoon pepper, 1 teaspoon sugar.

Add 1 dessertspoon boiling water. Place in mixmaster, add 250 ml oil, a teaspoon at a time, beating all the time. Boil together 1 tablespoon vinegar and 1 tablespoon lemon juice and add slowly to the mixture, when cool.

This mayonnaise lasts indefinitely in a closed jar.

No. 3: Tartar Dressing:

To 250 ml mayonnaise add 1 finely chopped gherkin, 2 finely chopped spring onions, 1 teaspoon dry horseradish and 1 teaspoon chopped parsley.

No. 4: Nicoise Dressing:

To 350 ml mayonnaise add 1 teaspoon dry mustard, 1 t blespoon chopped anchovies, 1 tablespoon chopped capers, 1 tablespoon chopped parsley and 1 chopped hard boiled egg.

No. 5: Southern Dressing:

To 250 ml mayonnaise add 1 chopped hard boiled egg, 3 chopped spring onions, 1 tablespoon chopped parsley, 1 tablespoon chopped olives and 1 tablespoon chilli sauce.

PICKLED MUSHROOM SALAD

450 g mushrooms
1 tablesp. lemon juice
1 small onion, finely chopped
4 tablesp. wine vinegar
1 bay leaf
4 tablesp. oil
1 tablesp. tomato sauce
¼ teasp. mixed herbs
1 dessertsp. salt
Freshly ground black pepper

Wash mushrooms well. Place in a pot with lemon juice, cover with sufficient water and bring to the boil. Simmer for 3 to 5 minutes. Drain and allow to cool.

In a small pot place onions, vinegar and bay leaf. Bring to the boil and simmer for 5 minutes. Remove from heat and add oil, tomato sauce, herbs, salt and ground pepper.

Mix well. Pour dressing over the mushrooms. Allow to cool. Cover and refrigerate.

Recipe supplied by IVOR LIBESKIND
Pretoria

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TOODLES LAZARUS

FAY LEHMAN

MOLLY LEMMER

ALICE LENTIN

ASTRID LEVIN

HILDA LEVIN

CHICKEN IN ORANGE

1,25 kg chicken (for frying)
Salt and pepper
125 ml oil
125 ml Marsala (or Kidish wine)
4 oranges

Cut chicken into serving portions. Wash and dry. Rub with salt and pepper and fry in hot oil. When half done, add wine, cover and cook for 20 minutes. Baste with juice of 3 oranges all the time till tender. When ready to serve, slice fourth orange, making ridges on skin, and garnish chicken. Sprinkle chopped parsley on sliced orange.

Serve with rice and green salad.

PIGEONS WITH MUSHROOMS

4 pigeons and livers
4 tablesp. oil
Sage
2 cloves garlic
2 onions, chopped
250 g mushrooms, sliced
125 ml wine
125 ml stock
Salt and pepper
4 large tomatoes, peeled and chopped

Saute quartered pigeons in saucepan in fat or oil. Add pinch sage, garlic and onions. When golden brown, add mushrooms and pigeon livers. Sauté lightly. Add wine and stock and let reduce by half. Add salt, pepper and tomatoes. Cook, covered, until pigeons are tender.

Serve on fluffy rice, with green salad.

CHICKEN SPECIAL K

1 tender chicken
250 ml Italian salad dressing
1 Packet Onion Soup
Margarine

Cut chicken into serving portions, and marinate these in the Italian Salad dressing for two to three hours, turning occasionally. Roll chicken in "Special K" mixed with the dry onion soup mix. Place in a roasting pan on a rack, and bake at 180° C for about 45 minutes, till tender. Baste with the juices which form during baking.

This is very good, served with rice and a tossed salad.

Recipe supplied by MAUREEN SIMMONS,
Boston, U.S.A.

BASTE FOR CHICKEN BRAAI

200 ml loose brown sugar
60 ml brown vinegar
200 ml oil
1 teasp. paprika
3 teasp. tomato sauce
1 teasp. dry mustard
3 teasp. salt
2 cloves garlic
1 large onion chopped
3 teasp. Worcestershire sauce

Blend in liquidizer. (Can be kept in refrigerator).

Sufficient for 1 large chicken.

Recipe supplied by JOAN MILTZ

CHICKEN CASSEROLE

1 jointed chicken
4 teasp. tomato sauce
2 teasp. oil
2 teasp. chutney
2 teasp. worcestershire sauce
2 teasp. curry powder
2 teasp. mustard
2 teasp. maizena

Mix all ingredients and pour over chicken. Cook until tender at 180° C.

Recipe supplied by VERA SENDZUL

GLAZED DUCK IN PINEAPPLE AND GINGER

Season duck well and roast.

Mix 1 tin pineapple juice together with juice of 1 tin ginger preserves. Add maizena and bisto for thickening and bring to boil. Pour over cut up duck and decorate with pineapple rings, a little of the preserved ginger and cherries.
Should be served with Chinese rice.

Recipe supplied by MADGE PHILLIPS

CHICKEN AND ALMOND SALAD

(serves 6)

500 ml cubed cooked chicken
250 ml chopped celery
200 ml toasted, sliced almonds
250 ml mayonnaise
60 ml strong chicken stock (or 1 cube dissolved in ¼ cup water)
Lettuce leaves

Combine mayonnaise and stock. Stir into rest of ingredients. Check for seasoning. A few drops of tobasco sauce or ½ teasp. curry powder could be added if desired.

MARINADE FOR GRILLED CHICKEN

1 tablesp. each white vinegar
Malt vinegar
Cider Vinegar
Grated rind of orange or lemon
1 tablesp. syrup
1 tablesp. salt.
Pepper, ginger
250 ml oil

Whip all together and pour over chicken and leave for about 3 hours before putting under the broiler. Chop pieces of preserved ginger and sprinkle over chicken halves. Turn chicken frequently in marinade.

Recipe supplied by DORA GABRIEL

STUFFING FOR ROAST TURKEY

150 ml margarine
300 ml chopped onions
300 ml chopped celery
2 teaspoons salt
¼ teaspoon pepper
2 teaspoons Accent
1 tablespoon Poultry seasoning
750 g White bread (crumbled up)
2 tablespoons chopped parsley
250 ml hot chicken broth

Saute onions and celery till light brown. Add all other ingredients, mix lightly, and stuff into turkey before roasting.

Recipe supplied by MAUREEN SIMMONS.
Boston, U.S.A.

GINGER CHICKEN

3 large chicken breasts
200 ml red wine
3 tablesp. soya sauce
3 tablesp. salad oil
2 tablesp. water
1 teasp. ginger
¼ teasp. oregano
1 tablesp. brown sugar

Soak chicken in mixture for 1 hour. Cover and bake for 1½ hours in 190° C oven. Serve with rice.

CHICKEN SALAD

750 g cooked chicken
250 g chopped celery
2 tablesp. lemon juice
1 tablesp. grated lemon rind
4 spring onions, chopped
1 teasp. salt
¼ teasp. paprika

Mix these together in bowl. Add 4 tablesp. Sauterne wine. Let stand a few hours.

Before serving, cut 2 avocado pears into chunks. Add to chicken with 125 g chopped cashew nuts. Add enough mayonnaise (about 150 ml) to hold together.

CHICKEN SALAD

1 kg chicken, cooked and diced
1 tablesp. capers
12 radishes
2 tomatoes
1 green pepper
1 small cucumber
2 hard boiled eggs, sliced
125 ml green olives, pitted
1 small lettuce

Dressing:

3 tablesp. oil
1 tablesp. lemon juice
¼ teasp. mustard
¼ teasp. oregano
Salt and pepper

Toss chicken and capers with half the dressing. Make salad with other ingredients and toss with rest of dressing. Arrange chicken in centre of dish with salad around.

JAPANESE DUCKLING CASSEROLE

2 1,5 kg ducks, cut into pieces
1 egg and 1 teasp. soya sauce
125 ml flaked coconut
60 ml flour
1½ teasp. salt
⅛ teasp. pepper
3 tablesp. warmed brandy

Sauce:

1 tin mandarins
125 ml maple syrup
1½ tablesp. Maizena
2 tablesp. lemon juice
1 tablesp. grated lemon rind
3 tablesp. undiluted frozen orange juice
1 tablesp. grated orange rind
2 bananas, sliced
2 tablesp. chicken fat

Remove as much fat as possible from ducks, prick all over with fork and place pieces in roasting pan. Roast 30 minutes in hot oven. Place pieces of duck in casserole and brush over with egg and soya sauce mixture.

Mix coconut, flour, salt, pepper and sprinkle over duck. Place in oven and bake, covered, for another 30 minutes till tender and golden brown. Remove casserole from oven, pour warm brandy over duck and ignite. When flames die down, pour over the sauce and put back into oven for 5 minutes.

To make sauce:

Combine juice from mandarins, syrup, Maizena, lemon and orange rinds and juice and bring to boil. Stir constantly, till thickened. Stir in the mandarins, bananas and chicken fat. Simmer for 5 minutes. Pour over duck. Serve with green salad and rice.

CHICKEN CURRY

1 1,5-2 kg chicken
250 ml coconut milk
Juice of 1 lemon
4 dried red chillies
1 teasp. coriander
4 peppercorns
½ teasp. saffron
Oil
2 med. onions, minced
2 cloves garlic, minced

Cut chicken into 8 or 10 pieces, but do not remove bones. Marinate in coconut milk and lemon juice for at least one hour. Remcve seeds from dried chillies and crush together with coriander and peppercorns, then mix with powdered saffron. Heat oil in heavy iron skillet and fry first the spices and then the onions and garlic. Add chicken pieces and fry until light brown. Add coconut milk. Cover and let chicken cook slowly for about one hour, or until tender.

Serve with rice, etc.

With a curry dinner, no desserts are necessary. A selection of fresh fruits — pineapples, melons, etc. is ideal.

The most suitable drink to offer with a curry dinner is beer.

DUCK IN PINEAPPLES AND BLACK CHERRIES

2 young ducks
8 slices canned pineapple
60 g brandy
Salt and pepper to taste
Large tin pitted black cherries, drained
Grated rind of 1 orange
Juice of 1 orange

Clean and prepare ducks in usual way for roasting and allow to come to room temperature. Pour 15 ml water in the bottom of a large roasting pan (to prevent smoking). Set a large rack in the pan and place ducks on rack. Place pan into a cold oven. Put the oven on to 160° C. When oven has reached required temperature, time roasting period by allowing 40 minutes per kg of duck. Turn the ducks every ½ hour to brown evenly. When ducks are done crisply remove from oven.

Place pineapple rings onto a platter for serving and place in oven to bake at 160° C for 10 minutes. Cut duck into individual portions, place a portion of duck on each piece of pineapple and return platter to oven, turning temperature down to 100° C.

Pour off fat from gravy in pan. Scrape all the brown pieces from sides of pan and mix with pan juices. Pour this into a saucepan, reheat and add brandy. Flame briefly. Add drained cherries, juice and grated rind of orange, salt and pepper to taste. Reheat and pour some of the sauce over ducks and serve immediately. Pass the rest of the sauce separately when serving, in a sauce boat.

PIGEON ON NOODLES

4 young pigeons
2 tablesp. oil
Salt
250 ml red wine
1 pkt. egg noodles
125 ml sliced blanched almonds
125 ml chopped fresh celery stalks

Place pigeons in saucepan with oil, salt and water to cover. Cook till water has evaporated and then add wine, a little at a time, sauteing till tender. Remove pigeons and place on a bed of cooked noodles, sprinkle with almonds, slightly browned and chopped fresh celery.

Make gravy by dissolving pan juices with another 125 ml wine and serve with green salad.

ROAST DUCKLING IN WINE WITH BARLEY AND PRUNE STUFFING

1 1,5 kg duckling

Season duckling with salt, pepper and garlic. Marinate for 4 hours, basting frequently.

Marinade:

250 ml white wine
250 ml sweet wine
60 ml brandy
Few pieces diced carrot
Little grated onion
1 sprig marjoram
2 sprigs thyme

Stuffing:

250 g prunes marinated in white wine for 12 hours. Remove stones and stuff with mixture of chopped walnuts, grated apple and a little onion juice (Keep 8 prunes for garnishing)
125 ml boiled barley
1 slice bread soaked in water
1 egg
Salt, pepper, garlic, onion powder to taste.

Remove duckling from marinade and stuff lightly with above mixture. Roast, basting with a little of the marinade till all is absorbed.

To make gravy, skin fat from liquid in which duckling is cooked, add 250-500 ml of good stock and thicken with a little seasoned flour.

Serve with roast potatoes, green peas. Garnish duckling with some of the stuffed prunes and peach slices.

Recipe supplied by PAT JACOBSON

CHICKEN CLUB MONACO

1,5 kg chicken (for frying)
3 tablesp. oil
1 large onion sliced thickly
1 green pepper, sliced thickly
1 1 kg tin canned peaches
1 tablesp. cornflour
1 tablesp. soya sauce
3 tablesp. vinegar
2 tomatoes cut in wedges

Brown cut up chicken in hot oil. Cover pan and cook for 20 minutes, slowly. When tender, place in casserole dish. In the same pan, brown onions and peppers. Drain peaches, reserving syrup. Mix 250 ml peach syrup with the cornflour, soya sauce and vinegar. Add to pan in which onions and peppers are cooking. Cook till sauce is thick and almost clear. Stir in sliced peaches and tomatoes and pour over chicken in casserole. Cover and bake in 190° C oven for 20 minutes. Uncover for the last 5 minutes.

Serve hot with rice and peas.

SWEET AND SOUR DUCK CASSEROLE

1 large duck, cut up
1 teasp. pepper
1½ teasp. salt
2 teasp. paprika
375 ml stock
125 ml sugar
2 tablesp. Maizena
125 ml vinegar
1 teasp. soya sauce
1 small tin pineapple chunk

Season pieces of duck and arrange in casserole, closely packed together. Cover and bake for 1 hour at 180° C. Turn duck a few times and uncover for the last 15 minutes. Pour off liquid from casserole, and mix with the stock. Mix the sugar, cornflour, vinegar and soya sauce and stir into stock. Cook till thick and smooth, stirring constantly. Add pineapple chunks, drained, and pour over duck. Bake for 15 minutes, uncovered. Serve with rice and green salad.

CHICKEN AND SESAME SEEDS

125 g flour
175 g sesame seed
2 teasp. paprika
2 teasp. salt
1 x 125 kg frying chicken
1 egg
250 ml stock
Oil for frying

Mix flour, sesame, paprika and salt in a bag. Cut chicken in serving pieces and shake in bag. Beat egg and add to stock. Dip chicken and shake again in bag. Heat oil in pan and fry till chicken is golden. Put in baking dish and bake at 180° C for about 30 minutes. Serve with rice and black olives.

CHICKEN AND PINEAPPLE

Marinate 2 small chickens (boned and skinned) in the following:

3 tablesp. sherry
1½ teasp. soya sauce
Marinate for 3 hours.
1 teasp. Accent
½ teasp. powdered ginger

Remove from marinade and dip in a batter made from:

3 eggs
200 ml flour
3 tablesp. maizena

Fry chicken in deep oil till tender and golden brown, drain on brown paper. Meanwhile prepare sauce as follows:

Juice from large tin of pineapple chunks
250 ml sugar
250 ml vinegar
Marinade left over
125 ml crystallised ginger
1 small tin red pimentoes
125 ml peeled sour cucumber
2 tablesp. cornflour
2 teasp. soya sauce

Boil above ingredients until smooth and translucent. Add drained pineapple chunks and heat. Serve immediately over fried chicken and boiled rice.

Recipe supplied by THEODAS LEVY

CHICKEN A LA KING KOSHER

1 x 1,75 kg chicken
Water
100 g margarine
3 tablesp. flour
375 ml chicken stock
125 ml white wine
Pepper
1 teasp. salt
Dash nutmeg
1 green pepper
1 red pepper
75 g sliced mushrooms
2 egg yolks

Cut up chicken and cook with enough water to cover, till tender and can be removed from bone. Cut chicken into 25 mm cubes. Boil stock to 375 ml. Melt 45 g margarine, add flour and when it begins to bubble, gradually add stock and wine and stir till thickened and smooth. Add salt, pepper and nutmeg.

Cut peppers thinly and add to other 45 g margarine and fry lightly. Add mushrooms and fry for 1 minute. Add to chicken and keep hot.

Put sauce into blender and slowly add remaining margarine and egg yolks and blend till white. Add sauce to chicken and mix. Serve in pastry shells, or on rice.

BARBECUE SAUCE

60 ml grated onion
3 tablesp. vinegar
2 tablesp. sugar
125 ml water
250 ml tomato sauce
3 tablesp. Worcester sauce

Combine all ingredients and simmer for 10 minutes. Can be used on steak, chicken or fish.

CHOP SUEY SALAD

500 ml diced chopped chicken
375 ml thinly sliced celery
250 ml coarsely chopped walnuts
4 sweet pickles, cut in strips
2 tablesp. minced onion
2 hard boiled eggs, chopped
200 ml mayonnaise
3 tablesp. lemon juice

Combine chicken, celery, walnuts, pickles, onion and eggs. Mix together mayonnaise and lemon juice and blend until smooth. Add enough of this mixture to chicken mixture to moisten well. Season to taste with salt and pepper and chill in refrigerator for 30 minutes.

Heap in lettuce lined salad bowl, and garnish with green pepper rings, raw carrot straws and walnut halves. Serve with additional dressing separately. Makes 4 to 6 servings.

HELZEL

1 chicken neck skin
2 tablesp. Matzo meal
2 tablesp. flour
6 tablesp. chopped onion
Salt and pepper
45 g raw chicken fat
½ teasp. chicken soup powder

Mix all ingredients and stuff loosely into neck. Sew up ends. Roast next to chicken, basting with gravy.

Can also be made with bread crumbs instead of Matzo meal.

GINGER-ALE DUCK

Season duck as usual.

Stuffing:

Cooked rice
Chopped nuts
Chopped sour apple
Chopped cooked prunes

NO salt, apart from a little added to rice while cooking.

Roast duck in 1 bottle of ginger-ale. NO fat. While cooking add another bottle of ginger-ale. Half an hour before serving, add slices of unpeeled orange to duck.

Recipe supplied by SYLVIA WEINBERG

CURRIED DUCK

1 fat duck
1 cabbage, cut in four
1 teaspoon tumeric
1 l water
1 dessertspoon salt
6 large onions
1 large tablesp. oil
2 tablesp. curry powder
1 teasp. powdered ginger
2 cloves garlic
1 wineglass vinegar or lemon juice

Place cabbage and sliced onions in a large saucepan, put duck (seasoned with pepper and salt) in whole. Add tumeric to the water and pour over the duck. Add curry powder, ginger, garlic (cut in small pieces) and oil. Cover pan and boil for one hour. Then open and let simmer till tender. Five minutes before serving add vinegar or lemon juice.

Serve with boiled rice, chopped tomato and onion, sliced bananas and cocoanut in separate bowls.

CURRIED CHICKEN

500 ml cooked chicken
1 tablesp. oil
1 large onion
1 apple
1 tomato
2 bananas
1 dessertsp. currants or sultanas
1 dessertsp. sugar
1 tablesp. curry powder
1 dessertsp. flour
1 dessertsp. Worcester sauce
Salt to taste
1 dessertsp. apricot jam

Fry thinly sliced onion in oil until light brown. Add peeled and cut up tomatoes, apple, bananas, currants and diced chicken. Mix curry powder, flour, sugar, salt and Worcester sauce with a little cold water to a smooth paste, and add to above mixture. Add sufficient water to enable the mixture to completely cover the meat and fruit mixture. Stir through to mix all ingredients. Simmer slowly for about ½ to ¾ hour, stirring occasionally. Serve with boiled rice, sliced bananas, tomatoes, shredded cocoanut and chutney. Serve four to six people.

ORANGE SALAD
(for duck dish)

1 lettuce
3 or 4 oranges
250 ml chopped apples
250 ml chopped celery
1 tablespoon chopped nuts
Mayonnaise

Peel oranges and remove pips. Slice. Arrange in individual portions on lettuce leaves. Cover with apple and celery and sprinkle with nuts. Cover with mayonnaise.

CHINESE ROAST DUCK

1 large duck
1 tablespoon soya sauce
60 g oil
Salt, pepper
250 ml thick honey
1 dessertspoonful sherry
1 glass red wine
Little cornflour for gravy

Stuffing:

250 ml cooked rice
250 ml sausage meat
Grated peel of 1 orange
1 small onion, grated
1 egg
Chopped liver and heart of duck

Combine all the stuffing ingredients and put into the duck, securing with a skewer. Mix together honey, soya sauce and sherry, and rub this over the breast and legs of the duck. Put duck into pan with the oil, and roast in a hot oven for ½ hour and then turn down to moderate heat. Roast for about 20 minutes per pound. Do not baste the duck until the soya and honey mixture has formed a crisp crust, and be careful not to disturb it too much as the skin is the nicest part of this dish. Half an hour before duck is ready pour off the surplus fat and add the red wine and seasoning. Boil up gravy and thicken with a little cornflour.

DUCK IN MOLASSES

1 2-2,5 kg duck
Salt to season
6 sprigs parsley
½ sliced, unpeeled lemon
60 ml Chinese molasses (dark)
125 ml soya sauce
125 ml sherry
1 clove garlic, crushed

Season duck inside and out with salt. Truss for roasting and place parsley and lemon inside. While roasting, baste with sauce made from the molasses, soya sauce, sherry and garlic warmed together. Baste every 15 minutes till tender — about 2 hours. Skin will become very dark from the sauce, so do not let this mislead you into thinking it is done before testing. Do this by pressing thigh and moving thigh joint easily. Do not prick!

MUSHROOM STUFFING FOR ROAST DUCK

500 ml bread crumbs
2 tablespoons finely chopped onion
1 beaten egg
500 ml mushrooms
2 tablespoons oil
1 teaspoon salt
Finely chopped parsley

Lightly fry the chopped up onion in little oil. Add all the other ingredients and mix with the beaten egg.

CHICKEN BOLA GAI

1 frying chicken, cut into serving portions
80 ml flour
1 teasp. salt
½ teasp. celery salt
¼ teasp. garlic salt
¼ teasp. nutmeg
4 tablesp. fat

Mix together flour and seasonings. Dust chicken pieces with seasoned flour and fry in fat until golden brown.

Sauce:

250 ml (approx.) syrup from large tin pineapple slices
125 ml soya sauce
2 tablesp. sugar
Combine all together.

Place chicken pieces in a shallow casserole or baking dish, pour sauce over, cover casserole and bake in 180° C oven for about 1 hour, or until chicken is tender, basting chicken with sauce two or three times while baking.

Serve with sautéd pineapple slices and brown rice or fried rice.

Recipe supplied by RUBY STRELITZ

CHICKEN CACCIATORE

2 young chickens (approx. 1 kg each)
Flour seasoned with salt and pepper to shake chicken in
125 ml oil
125 ml olive oil
1 crushed clove of garlic
2 chopped onions
2 sliced and seeded green peppers
1 small tin canned red pimento, sliced
500 ml canned tomatoes (or ripe peeled raw tomatoes)
1 tablespoon tomato paste
2 tablespoons chopped parsley
Pinch marjoram and thyme
250 ml dry red wine
500 ml fresh sliced mushrooms, or 1 tin drained

Disjoint chicken into serving pieces and shake in seasoned flour. Fry in oil and oil mixture with garlic. Add onions and peppers and saute till golden. Add the rest of the ingredients except the mushrooms and cover pan. Simmer for 1 hour. Add the mushrooms and continue cooking till all is tender. Serve hot on a bed of noodles, accompanied by a tossed salad.

DUCKLING SINGAPURA

1 2 kg duck
Oil, salt and pepper for roasting
2 grapefruit
60 ml dry white wine
4 teasp. castor sugar
Icing sugar
125 ml port
125 ml canned cherries, drained
125 ml syrup from cherries
1 beef cube dissolved in 1 tablesp. water
Paprika

While duck is roasting, prepare the sauce.

Grate the top layer of rind from one grapefruit. Place this in a small pot with white wine and castor sugar, stirring on moderate heat till sugar is dissolved. Squeeze juice of first grapefruit and strain. Set aside. Peel second grapefruit completely, divide into segments and remove all white filaments and pips carefully. Put segments into baking dish, sprinkle with icing sugar and glaze in hot oven. When glazed remove and keep hot. Heat cherries with a little of the port.

When the duck is done, remove from roasting pan. Carve into serving pieces and keep hot. Pour off all fat from roasting pan. Add remaining port, white wine, grapefruit peel mixture, grapefruit juice, port from cherries and cherry syrup. Place over heat and stir, simmering until sauce is slightly reduced. Season with a little paprika and salt if necessary. Add cherries and heat through. Pour sauce over carved duck, surround with glazed slices of grapefruit and serve immediately. Garnish with watercress, if available. Serve with rice and salad.

PINEAPPLE CHICKEN

1 young chicken
1 small tin pineapple chunks
2 tablespoons Worcester sauce
200 ml white wine
Salt and pepper to taste
2 tablespoons oil
2 green peppers, sliced

Cut chicken into serving portions and fry in oil till golden brown all over. Place in casserole. Fry green peppers in same oil as chicken and add to chicken.

Mix pineapple chunks and juice, Worcester sauce, wine and seasonings and add to chicken. Bake in slow oven till tender. To thicken sauce, mix 1 heaped teaspoon cornflour with a little water and add to the gravy, having first removed chicken to serving platter. Stir cornflour into gravy, boil up and pour over chicken. Correct seasoning if necessary. Serve with rice and a green salad.

CHICKEN MEDITERRANEO

1 1 kg chicken
4 tomatoes
Salt and pepper
1 onion, finely grated
100 g dry white wine
1 clove garlic, crushed
Pinch of saffron
60 ml green olives

While chicken is roasting in normal way, peel and chop tomatoes, discarding seeds. Simmer slowly with salt and pepper in a little oil till soft. In separate pan, cook grated onion till yellow. Add wine, garlic, saffron, olives and cooked tomatoes. Cut chicken into serving portions and pour sauce over.

Serve with bread croutons and green salads.

COQ AU VIN
(Rooster in Wine)

60 ml flour
1 teasp. poultry seasoning
1 large frying chicken cut into 8 large pieces
60 ml oil
60 ml brandy
1 clove garlic, crushed
1 bay leaf
1 pinch thyme
1 tablesp. chopped Parsley
12 small white onions
250 g mushrooms
250 ml dry white wine (Chablis) warmed
Salt and tobasco to taste
Extra
1 tablesp. fat, if necessary
1 tablesp. flour, if necessary

Put flour and poultry seasoning into a brown paper bag. Put pieces of chicken into the bag, two at a time and shake to coat them evenly. Select a large skillet with lid. Melt oil. When it is hot, sear the pieces of chicken on all sides until they are coloured, then pour the brandy over the chicken. Set brandy alight and flame the contents for a few seconds. When flames start to die down, cover the skillet with the lid to put out the flame.

Add all other ingredients, except the last two. Cover, simmer until chicken is tender, about 30-45 minutes. Discard the bay leaf. If the gravy appears too thin, combine the fat with the flour. Add this mixture (beurre a nie) little by little to the gravy, stirring constantly to avoid lumps. Taste, correct the seasoning if necessary.

Serve the coq au vin very hot.

N.B. The coq au vin is even more delicious when it is prepared in advance and reheated. In that case, be sure there is enough gravy. If the dish seems dry, add chicken broth, fresh or canned, to lengthen the gravy. Reheat thoroughly by baking it at 180° C for 45 minutes.

Recipe supplied by THELMA KOLNICK

CHICKEN CASSEROLE

2 young chickens
125 ml flour
3 chopped green peppers
2 cloves garlic, crushed
2 tablespoons chopped parsley
1 large tin peeled tomatoes
2 bayleaves
1 large chopped Onion
1 teasp. Oregano
Salt and pepper to taste
1 tin tomato paste
1 tin mushrooms

Prepare chicken in sections, dip in flour and brown in oil. Remove chicken to casserole. Add onion, green pepper, garlic and drained mushrooms to pan in which chicken was fried and saute gently till light brown.

Add the other ingredients, bring to boil in pan, and add to chicken with seasonings. Cover and bake in medium oven till tender — about 1½ hours. Serve with cooked noodle and tossed salad.

CHICKEN BAR-B.Q. SAUCE
(for 5 chickens)

Split chickens in half and marinate in the following sauce. Also brush with same sauce while grilling.

375 ml vinegar
375 ml salad oil
5 teaspoons Worcester sauce
1½ teaspoons tabasco
2 teaspoons grated onion
5 cloves garlic, chopped
1½ teaspoons paprika
5 teaspoons tomato sauce
½ teaspoon dry mustard
7 teaspoons salt

CHICKEN A LA KING

Stew a young chicken till tender in a little water, a small onion, one carrot, salt and pepper to taste. Cut chicken off bone into small bite-size pieces.

Saute in a little oil 2 tablespoons chopped onion and 2 tablespoons green pepper. Stir in 3 tablespoons flour, ¼ teaspoon salt and ¼ teaspoon paprika. Add to this 250 ml of stock from the chicken, stirring all the time till boiling and thick. Saute 1 tin sliced mushrooms (drained) in 2 tablespoons chicken fat and add to the rest of the sauce. If too thick, add a little mushroom juice or chicken stock.

Pour sauce over chicken pieces and heat. Sprinkle with paprika and serve with boiled rice. This chicken a la King may also be used to fill Vol-au-vent cases and served as an entree.

Small patty cases may also be filled with this chicken mixture and served piping hot with drinks.

BARBECUED CHICKEN

Cut a 1,5 kg chicken into serving portions and salt and pepper the pieces. Brown the chicken in 3 tablespoons oil. Place in a casserole and sprinkle liberally with paprika.

To the oil in the pan add 60 ml vinegar, 60 ml water, 1 tablespoon dry mustard, 1 teaspoon brown sugar, 1 teaspoon Worcester sauce and 1 teaspoon chilli sauce. Heat and stir well. Add 125 ml chicken stock. Pour over chicken in casserole and bake uncovered in slow oven — 160° C — till tender. Baste several times. If the chicken starts to get too dry before it is done, cover the casserole after adding a little more stock. However, if young chicken is used, this should not be necessary.

CHICKEN NEW ORLEANS

1,5 kg frying chicken (or 2 smaller young chickens)
60 ml oil
1 can tomatoes
2 tablespoons shortening
1 teaspoon salt
Little pepper
Little cayenne pepper
½ teaspoon thyme
1 tablespoon chopped parsley
1 bay leaf
3 chopped cloves garlic
1 tablespoon flour
125 ml finely chopped onion
5 tablespoons chopped green pepper
125 ml white wine

Cut up chicken in serving portions and wipe dry. Saute in oil turning to brown all sides. Add shortening to tomatoes and simmer for 10 minutes then add salt, pepper and cayenne and cook for 10 minutes. Add thyme, parsley, bay leaf and garlic. Cook till sauce is thick — about 15 minutes. Add onion, green peppers and wine which has been mixed with the flour. Stir constantly till thickened. Add chicken, cover and simmer for 45 minutes, or until chicken is tender. Serve chicken on a bed of rice and garnish with avocado slices dipped in lemon and parsley.

CANTONESE CHICKEN

1 small spring chicken (cut in serving pieces)
1 tablespoon brandy
1 tablespoon soya sauce
1 clove garlic
1 teaspoon grated green ginger

Soak the pieces of chicken in the above marinade for 2 hours. Coat pieces with maizena and fry in hot oil. Serve with fried rice and green salad. Chicken livers may be done in the same way and served with rice mixed with scrambled egg and fried spring onions.

CHICKEN WITH CHERRY SAUCE

1 chicken
1 tin cherries
1 cup dry red wine
2 bayleaves
1 teasp. cornstarch (cornflour or maizena and ¼ cup water)

Roast the chicken in the normal manner. In a saucepan, simmer the cherries and half the cherry juice, wine and bayleaves. As soon as it bubbles, add the cornstarch mixed with a little water. Simmer for a few more minutes. Serve with the roasted chicken.

The sauce can be made earlier and reheated before serving.

Recipe supplied by ESTHER RUBIN

DUCKLING WITH CHERRIES

1 duckling
1 teaspoon salt
Pepper
⅛ teaspoon nutmeg
2 tablespoons oil
200 ml Muscadel wine
2 tablespoons currant jelly
1½ tablespoons maizena
250 ml cold water
250 ml cherries (fresh or canned)

Cut duck into serving pieces, dry and season with the mixed seasonings. Brown duck in oil. Pour off excess fat and add wine, currant jelly and a little stock (1 bouillion cube dissolved in 250 ml water). Cover and bring to boil. Cook covered till tender. Blend together the maizena and water and add to duck to thicken sauce. Taste to correct seasonings. May require more jam or wine, according to taste. Add cherries, heat and serve.

STUFFED BABY CHICKENS

Stuffing:

500 ml cooked rice
4 chicken livers
125 ml plumped raisins
1 medium chopped onion
1 teaspoon thyme
Salt and pepper to taste
oil

Fry onion in oil till transparent. Remove from pan and add livers, fry lightly, chop and combine with rice and the rest of the seasonings and raisins. Add whatever fat is left in pan. Mix together and stuff baby chickens which have been seasoned with salt, pepper and ginger. Sew up cavities and fry in oil till brown all over. If not tender yet, cover pan and allow to cook slowly till done.

TROPICAL CHICKEN

2 frying chickens
125 ml flour
2 teaspoons salt
¼ teaspoon pepper
125 ml shortening
1 small can pineapple chunks
1 can bean sprouts
2 green peppers
1 level tablespoon flour
1 tablespoon prepared mustard
1 dessertspoon soya sauce
1 teaspoon salt

Put flour, salt and pepper into bag and coat cut-up chicken. Melt shortening and fry chicken over medium heat till tender. Remove chicken and transfer to dish.

Drain pineapple (reserve the liquid). Drain bean sprouts (reserve liquid). Cut peppers into strips (remove seeds). Stir 1 tablespoon flour into shortening in frying pan (first remove any remaining bits of chicken). Add liquid from pineapple and bean sprouts to make medium sauce. Stir till thick and bubbly. Add rest of ingredients and chicken and re-heat.

Serve with noodles or rice.

HONG KONG CHICKEN

125 ml soya sauce
125 ml red wine
1 clove garlic, chopped
Salt and pepper
Flour to thicken (1 tablesp.)
2 tablesp. syrup
Ginger

Mix above ingredients together to make marinade. Parboil chicken, cut into portions and marinate in sauce for 1 hour. Boil everything together for 10 minutes, then fry in hot oil till golden brown.

Cook and strain rice. Fry chopped onions in oil till golden brown. Add rice and mix. Then add some of the sauce from the chicken.

Recipe supplied by SHELLEY BERNSTEIN

JAPANESE SAUCE
(for chicken, steak or fish)

2 tablespoons fresh grated green ginger
125 ml meat or fish stock
125 ml soya sauce
1 clove garlic (crushed)
2 tablespoons sugar

Bring to boil and simmer for a few minutes. Use this sauce over grilled chicken or steak by simmering the meats in the sauce during the last 10 minutes of cooking. It may also be used as a gravy over the cooked food.

COPACOBANNA CHICKEN

1,5 kg chicken
Salt, pepper
3 tablespoons oil
250 ml canned peaches, drained and pureed
250 ml chopped pineapple
500 ml orange juice
125 ml seedless raisins
125 ml blanched, split almonds
⅛ teaspoon cinnamon
⅛ teaspoon cloves
1 tablespoon flour
2 tablespoons water

Cut chicken in serving pieces, season with salt and pepper and brown in oil. Add raisins, almonds, pineapple, spices and orange juice. Cover and simmer for 45 minutes. Mix flour and water and stir into chicken. Cook till thickened, stirring all the time. Add pureed peaches to chicken and simmer for another 10 minutes. Arrange chicken pieces in dish with sauce over. Surround with hearts of lettuce and wedges of avocado. Serve hot with rice.

CANARD AU CALVADOS

1 duck
125 g oil
2 sherry glasses of Calvodos brandy
1 l apple cider
1 kg apples
1 orange
Salt and pepper

Place duck which has been cleaned and prepared in a roasting pan with a little oil. Rub some of the fat over the duck. Season lightly. Roast in a hot oven — 200° C — for 40 minutes. When nearly done pour over 1 glass of the Calvados, flame it, and when the flames die down cover and leave for a few minutes. Remove duck and skim all the fat from the sauce in the pan. Add the cider and allow to reduce by one-third. Put back the duck and allow to cook slowly till done.

Peel and quarter the apples. Fry the pieces in a little fat and when soft, but still firm, add the other glass of Calvados and flame. Add the juice of the orange and a teaspoon of sugar. Serve the apples round the duck.

CHICKEN CHUTNEY

250 ml chutney
2 tablesp. lemon juice
1 teasp. curry
1 teasp. ginger
1 dessertsp. oil
1 tablesp. sugar

Mix all ingredients well together. Dip pieces of chicken in this mixture and fry well in hot frying pan. Serve with rice.

Recipe supplied by ESTHER RUBIN

CHICKEN IN WINE

2 small chickens
4 tablespoons oil
2 tablespoons brandy
18 small onions
250 g mushrooms
1 bouillon cube
2 tablespoons flour
250 ml stock
1 teaspoon tomato paste
200 ml red wine
Salt and pepper

Clean and wash chickens. Brown while in hot oil. When well browned, pour brandy over chickens and flame. When finished burning, remove chicken from pan and brown mushrooms and onions in oil. Stir in dissolved bouillion cube and remove from flame. Stir in flour. Add tomato paste, stock and wine. Stir while heating to boiling point. Add seasonings and chickens cut in serving portions. Cover and simmer till tender.

POULET AUX APRICOTINES

6 baby chickens, halved, seasoned with salt, pepper, ginger and lemon juice.

For sauce:

1 tin canned apricots, sieved with juice (1 kg)
Juice and rind of 1 orange
2 tablespocns golden syrup
1 teaspoon ground ginger
1 teaspoon soya sauce
1 tablespoon lemon juice

Rub seasoned chickens with oil and grill till brown and tender. Place in large casserole or pan with lid. Make the sauce by sieving the apricots together with the juice. Add other ingredients and bring to boil. Pour over the chickens and simmer for about 20 minutes in oven with lid on for the first 10 minutes and then open. See that chicken is well coated with sauce. Serve this chicken dish with a fresh salad, roast potatoes and peas.

This is a delicious buffet dish served cold. Leave the chickens to get cold in the sauce before arranging on a serving platter. Very good served with watercress and assorted salads.

FRIED RICE

500 ml cooked rice
1 tablespoon oil
1 onion
Sweet basil
Salt
1 egg

Fry onion till transparent. Add salt and sweet basil and fry. Add rice. Fry till turning pale gold, then break in whole egg and scramble through. Serve at once.

CANARD BIGARRADE
(Duck in orange sauce)

Cut up liver, neck, gizzard, wings of duck and put in a saucepan with 3 tablespoons oil, 1 medium sliced onion and 1 sliced carrot. Stir together till brown. Add 1 tablespoon flour, 125 ml white wine, 125 ml stock and cook slowly for 30 minutes.

Rub duck with oil, season with ginger, salt and pepper, squeeze with lemon juice and sprinkle with sugar. Roast in covered pan, basting frequently.

Take 2 oranges and sliver off skin with potato peeler and then slice strips of rind lengthwise to make very thin strips (like string). Squeeze juice from these 2 oranges and reserve. Take another 2 oranges and peel and cut into segments. Cover rind that has been finely cut into strings with 250 ml cold water. Cook for 1 minute and then drain off water. Cover segments of oranges with brandy and leave for a while.

When duck is roasted, divide into four serving pieces and place on platter (ovenproof). To remaining gravy in roasting pan (pour off fat), add the strained giblet sauce. Season and add a few drops of cochineal to make rich colour. Add 1 tablespoon brandy, 1 level tablespoon sugar, 1 tablespoon sherry. Cook up once. Add orange and rind. Let simmer for about 10 minutes on platter, basting constantly. Garnish with watercress and serve with green salad and small potatoes.

This is for one duck which serves four people. For more ducks, the gravy and orange quantities must be increased to correspond.

Cherries, peaches, apricots or figs may be used instead of the oranges, by soaking the fruit in brandy and using the brandy together with the giblet gravy in the same way as the orange juice and rind. At least 250 ml of brandy must be allowed per duck.

CHICKEN ROMANA WITH SPAGHETTINI

1 1,5 kg chicken
1 teasp. salt
¼ teasp. pepper
60 ml oil
1 medium onion, chopped
200 ml sliced celery
½ teasp. basil
375 ml chicken stock
2 cans tomato paste
1 tablesp. minced parsley
250 g cooked spaghetti

Cut chicken into serving portions and sprinkle with salt and pepper. Lightly brown in oil. Remove chicken and set aside. Add onion, celery and basil to oil, simmer and stir for 5 minutes. Return chicken to pan. Add stock to tomato paste and pour over chicken. Cover and simmer for 40—60 minutes, turning occasionally, until tender. Add parsley. Serve with boiled spaghetti.

Recipe supplied by PAT JACOBSON

DUCK IN COINTREAU

- 1 duck (2 kg)
- 2 tablespoons oil
- 125 ml sliced mushrooms
- 1 crushed garlic clove
- 1 finely shredded orange rind
- 1 tablespoon red currant jelly
- 1 tablespoon chopped truffles (optional)
- 10 sauted mushrooms caps for garnishing
- 60 ml dry sherry
- 60 ml brandy
- 125 ml Cointreau
- 125 ml orange juice
- 3 tablespoons flour
- Salt and pepper
- 2 oranges sliced with skins on

Tie up duck and roast till tender in moderate oven. Remove duck and pour off oil. Melt 2 tablespoons shortening in pan and add finely shredded orange rind, 125 ml sliced mushrooms, garlic. Cook slowly for 2 minutes. Remove from fire and blend in 3 tablespoons flour. Add sherry, brandy, Cointreau and orange juice. Stir over fire till sauce comes to boil. Add the red currant jelly and truffles. Season with salt and pepper.

Cut up duck and put in sauce. Heat through. Place on salver and serve with sauce spooned over duck. Garnish with mushroom caps and orange sliced with skins on and fried till golden in fat and sugar.

STUFFED PIGEON

- 6 pigeons, with livers, hearts and gizzards removed
- 1 medium chopped onion
- ¼ teaspoon black pepper
- 1 teaspoon salt
- 1 teaspoon marjoram
- 250 ml white breadcrumbs
- 60 ml seedless raisins
- 2-3 tablespoons oil
- 500 ml white wine
- 250 ml stock
- 2 onions
- 2 carrots
- 2 celery stalks
- 1 bayleaf
- 1 egg

Mince the livers, hearts and gizzards after cooking them with the chopped onion and seasonings in oil. Mix with the crumbs, egg and raisins. Stuff pigeons and truss them. Add a little more fat to that in which the stuffing was fried and brown birds, together with 2 sliced onions and 2 sliced carrots, 2 stalks of celery and a bayleaf.

Remove surplus fat, leaving vegetables in pot. Add 500 ml white wine and 250 ml good stock. Simmer gently till tender — approx. 1½ hours. When done, remove birds from pot, puree the vegetables and, if necessary, add a little more stock to make gravy. Boil up gravy and serve pigeons with red cabbage and apples. Serve a salad on the side.

MEXICAN CHICKEN

1 1,5 kg chicken
12 baby onions
2 cloves garlic
1 tablespoon flour
2 tablespoons tomato sauce
4 cloves
1 tablespoon vinegar
250 ml sherry
1 large green pepper
125 ml stoned olives
125 ml seedless raisins
Oil for frying
Salt and pepper

Cut up chicken and fry in oil till golden brown. Put in a deep dish. Fry onions whole and add chopped garlic. Add to chicken in dish. Mix flour into tomato sauce, add 250 ml water and add to gravy in pan in which chicken was frying. Stir well, add cloves, vinegar, sherry and salt and pepper. Pour over chicken, add green pepper, cut in thick slices, and cover dish. Cook till tender. About 15 minutes before serving, add olives and raisins. Serve with fried rice and green salad.

CHICKEN WITH APPLES

Cut up a chicken. Salt and flour pieces and fry lightly in hot oil. Add 125 ml Calvados (apple brandy) and light up. When flame goes out, add 125 ml port wine, and bouillion cube dissolved in 125 ml boiling water. Place in casserole and let cook slowly till soft. Place chicken on serving dish and thicken sauce in casserole with flour. Put over chicken and sprinkle with grilled almonds (about 2 tablespoons).

Peel 4 golden delicious or winter pearmain apples. Core them and cut in thick slices. Lay in a greased fireproof dish with 2 cloves. Cover well with sugar and a little fat. Bake in slow oven and when nearly soft add 2 tablespoons Calvados. Apples must remain in rings. Place rings around chicken on platter and serve.

PILAF

Dice any left-over meats, or chicken.

Fry in deep pot 250 g uncooked rice in oil for 2-3 minutes. add and fry 1 chopped onion and 60 g currants. Fry separately 60 g halved almonds and add last.

Mash 1 large tomato with salt, pepper and 1 teaspoon sugar and add to above mixture. Pour 300 ml of hot stock over the frying mixture, cover and cook on low heat for about 20 minutes, or till stock is absorbed. Now add diced meat and allow to heat through on low heat for about 5 minutes.

This is delicious served with fried canned peaches and bananas dipped in lemon juice, sprinkled with sugar and fried. Serve a salad on the side.

SWEET AND SOUR CHICKEN
(or ribs)

Cut large chicken into serving pieces, sprinkle with 1 teaspoon garlic salt and brown in Debras Schmalz.

Sauce:

Brown two onions (sliced) in one tablespoon oil. Add the following:

Grated rind of 1 lemon
250 ml lemon juice
250 ml sugar
¾ teaspoon salt
½ teaspoon ginger
1 dessertspoon chili sauce
250 ml juice of canned sliced pineapple

Simmer for 15 minutes. Pour sauce over meat. Cook in casserole at 160° C for 1½ to 2 hours, or until tender. Baste often. During final 15 minutes of cooking, add pineapple slices, and cook uncovered.

Serve with noodles and green salad. This sauce can be used for chicken as well as for ribs.

CHICKEN LIVERS AND MUSHROOMS

500 g mushrooms, sliced
1 large onion, sliced
500 g chicken livers
125 ml white wine
Salt and pepper
Oil

Sauté mushrooms and onions in oil till golden. Add livers, salt and pepper and fry for 5 minutes, stirring often. Add wine and cook for 1 minute. Do not boil. Serve hot on toast as entrée.

CURRIED TOMATO-CHICKEN-RICE SALAD

125 ml dry rice
60 ml minced onion
1 tablesp. vinegar
2 tablesp. salad oil
¾ teasp. curry powder
500 ml minced cooked chicken (or diced)
250 ml chopped celery
60 ml chopped green pepper
200 ml salad dressing
6 medium tomatoes (firm)

Cook rice according to directions on package. Drain well and cool. Add onion, vinegar, oil and curry powder, mix well and refrigerate several hours. Combine marinated rice with chicken, celery, green pepper and salad dressing.

Core and peel tomatoes. Cut down in quarters (with sharp knife) almost to bottom of tomato. Spread apart slightly and pile centres with salad mixture. Serves 6.

PEANUT CHICKEN

1 chicken skinned and cut in pieces
1 jar peanut butter
1 packet salted peanuts, ground or grated
300 ml chicken stock, made from the wings, neck etc. of the chicken
Salt and cayenne pepper to taste

Fry the pieces of chicken in plenty of oil (either Arachis or sunflower), until nearly cooked. Meanwhile dissolve the peanut butter (it is easy with an electric mixer) with the hot chicken stock. Add the ground peanuts and the oil in which the chicken was cooked. Put the chicken in a covered pyrex dish, pour the sauce over, and cook in warm oven (180° C) for about 1 hour. Serve with rice, fried banana and fried pineapple slices.

CHICKEN OREGANO

1 broiler chicken
Salt and pepper
80 ml olive oil
60 ml lemon juice
2 teaspoons oregano
1 clove mashed garlic
250 ml chopped parsley

Wash, dry and sprinkle quartered chicken with salt and freshly ground pepper. Mix all remaining ingredients and brush mixture on chicken sections. Broil for about 20 minutes, basting frequently. When brown and tender, pour balance of mixture over chicken and serve hot.

This is a good change from plain grilled chicken and is delicious served with a green salad and rice.

CHICKEN PIE

1 1,5 kg chicken
5 small whole onions
125 ml large peas
125 ml diced carrots
250 ml potato balls
3 tablespoons oil
3 tablespoons flour
500 ml hot chicken soup
Salt and pepper
2 beaten egg yolks
Rich pastry to cover pie

Cook chicken and remove all bones, leaving the meat in as large pieces as possible. Cook separately the 5 onions with the peas, carrots and potato balls. Drain vegetables. Grease large casserole and invert teacup in centre. Place around it chicken and vegetables. Mix oil with flour and cook until mixture bubbles, then add chicken soup and cook and stir until smooth and thick. Season to taste with salt and pepper. The sauce should be rather highly seasoned. Pour sauce over beaten egg yolks and then over the chicken and vegetables. Cover the pie with a rich pastry pressed well over the edges of pie. Prick in several places. Brush with egg. Cook in 190° C oven for about 35 minutes.

CHICKEN CACCIATORI

3 spring chickens (1 kg each)
60 ml oil
2 chopped onions
3 chopped green peppers
1 chopped sweet red pepper
125 g sliced mushrooms
1 tin tomato paste
600 ml skinned tomatoes
1 teaspoon salt
½ teaspoon pepper
1 teaspoon sugar
4 bayleaves
750 ml cooked spaghetti

Cut the young chickens in pieces for serving. Cut the livers in half. Fry chicken in oil until golden brown. Add onions, green peppers, red pepper and mushrooms. Brown lightly. Add chicken livers. Mix together tomato paste and skinned tomatoes and add to first mixture. Stir well. Season with salt, pepper, sugar and bayleaves. Cover pan and simmer gently until chicken is tender. Place cooked spaghetti on a large platter, cover with chicken and serve at once.

ROAST DUCK

1 medium-sized duck
1 tablespoon honey
Salt and pepper to taste
250 ml cooking sherry
3 tablespoons soya sauce

Stuffing:

1 large cooking apple
1 thick slice wholewheat bread
¼ teaspoon mixed herbs
1 tablespoon Debras Schmalz
1 large onion
1 wineglass cooking sherry
¼ teaspoon mixed spices
Salt and pepper to taste

Wash the duck, inside and out, with 125 ml cooking sherry, and leave to drain while preparing stuffing.

Stuffing: Peal apple and onion, then chop finely and with all other ingredients added, knead all together till evenly dispersed, and a doughy consistency. Stuff duck well, sealing with greaseproof paper to prevent any escape of stuffing, which will spoil the cooking.

Season outside of duck with salt and pepper to taste, then place in saucepan with 250 ml cooking sherry. Cook over gentle heat for an hour (an older duck may need slightly more cooking). Remove from saucepan, brush with 2 tablespoons of soya sauce wrap in tinfoil and roast at 180-200° C for about 15 to 20 minutes. Remove from oven, brush with melted honey and rest of soya sauce. Replace in tinfoil and roast for 15 to 20 minutes at 200-230° C. Serve with hot vegetables and black currant jam.

NOTE: Golden syrup or treacle can be substituted for honey. One tablespoon honey poured over grilled steak enhances flavour and juiciness of meat.

Meats

WE THANK THE FOLLOWING LADIES FOR THEIR GENEROUS SPONSORSHIPS

LEAH LEVIN

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RAY LIPSCHITZ

ROSE LIPSCHITZ

ROSE LIPSCHITZ

MARILYN LOCKETZ

SADIE LOON

SWEET AND SOUR TONGUE

1 boiled fresh tongue
1 med. sized onion
1 tablesp. "shmaltz"
1 small tin tomato puree
250 ml tomato sauce
250 ml cold water
2 tablesp. vinegar
1 tablesp. Worcestershire sauce
2 tablesp. sugar
1 teasp. salt
1 teasp. prepared mustard
pinch pepper
¼ teasp. tobasco sauce

Brown onion in fat. Add balance of ingredients and bring to simmering point. Allow to simmer for approximately five minutes. If too thick add a little cold water. Pour onto sliced tongue and place in oven for a few minutes before serving.

Recipe supplied by GAIL KERBEL

VEAL PATTIES WITH TOMATOES

(serves 6)

60 g finely chopped onions
1 tablesp. oil

Saute onions slowly in oil until light golden. If required, add a few teasp. hot water to pan as oil cooks away.

2 medium tomatoes, peeled, seeded, juiced and chopped
1 cloved mashed garlic
¼ teasp. salt
½ teasp. thyme

Add above ingredients to onions and cook, covered, for five minutes. Uncover, raise heat and boil rapidly until juices have almost evaporated. Scrape into a mixing bowl with

30 g breadcrumbs
500 g minced raw veal
1 teasp. salt
¼ teasp. pepper
3 tablesp. chopped parsley
1 egg

Mix well. If too dry add a little chicken stock. Form mixture into patties, 15 mm thick. Before sauteing, dredge patties with a little sifted flour. Fry slowly in 1 tablsp. hot oil for 15 minutes. Arrange in a hot dish. Make a gravy by boiling 150 ml beef stock and adding a little cornflour mixed with water to thicken. Taste for seasoning.

Recipe supplied by PAT JACOBSON

PICKLED WALNUT BRISKET

Fresh Brisket
1 bottle pickled walnuts

Season brisket well, boil with 1 onion, 2 carrots, celery (if available). When nearly ready, remove most of liquid, leaving approximately 500 ml. Add walnuts, which have been cut up with approximately 10 teaspoons sugar, 1 tablespoon maizena. Cook for another 20 minutes. Remove all fat.

Flavour must have a distinct sweet, sour taste. Add more sugar if necessary. Potatoes may be added if desired.

Recipe supplied by MADGE PHILLIPS

MONKEY GLAND STEAK

1 kg tender steak, thinly sliced
3 tablespoons oil
Prepared mustard
1 tablespoon chopped parsley
2 chopped onions
250 g Mushrooms, sliced and fried in oil
1 teaspoon capers
1 tablespoon sliced, pitted olives
2 cloves crushed garlic
1 tablespoon Worcestershire Sauce
250 ml Tomato sauce

Salt and pepper the steak. Spread mustard on both sides and brown in hot oil. Remove steak to casserole. Add chopped onions, parsley, olives, capers, mushrooms to pan in which steak was fried, add a little more oil if necessary and fry these ingredients together for 5 minutes. Add the worcestershire sauce and tomato sauce to the pan, boil through and pour all the sauce over the steak in the casserole. Bake in moderate oven — 190° C — till steak is tender. If meat is inclined to be tough, cover the casserole with a lid, or with foil, for part of the cooking time. Serve with peas and boiled rice.

BEEF SATAY

500 g fillet
Salt
Black pepper
125 ml coconut milk

Cut beef into cubes. Rub with salt and pepper. Thread onto skewers and dip in coconut milk. Grill, turning frequently, basting with coconut milk. Serve with hot Satay sauce.

COCONUT MILK

Grate flesh of fresh coconut, soak in water, and express the juice. Depending on the number of times the coconut milk is squeezed out, one can obtain thick or thin milk.

If dry coconut is used, use vacuum packed shredded coconut. To obtain one cup of coconut milk, take one cup of dried coconut and let it soak in 500 ml of cold water. After ½ hour squeeze out the juice. Repeat this twice if you want a thick liquid — 3 or 4 times for thin coconut milk.

CRANBERRY MEAT BALLS

1 can Cranberry Jelly
1 bottle Monarch's Chilli Ketchup
1 onion
1 kg Minced steak
Oil

Slice onion thinly and fry lightly in a little oil. Add the Cranberry jelly, Chilli Ketchup and some water to dilute slightly to your taste. Simmer together for a few minutes. Prepare minced steak in the usual way — seasoning lightly — and make into tiny balls. Add to sauce and cook for about 45 minutes, slowly. Serve with rice. These meat balls freeze very successfully, and can be heated as required.

Recipe supplied by MAUREEN SIMMONS.
Boston, U.S.A.

BAHMIE GORENG

250 g Chinese noodles
125 ml peanut oil
500 g finely shredded veal
2 medium onions, sliced
2 cloves garlic, crushed
1 tablespoon grated ginger-root
2 celery stalks, chopped
2 bunches chinese cabbage, chopped
125 g peas in the pod. (young ones)
6 spring onions, chopped
125 ml bean sprouts
2 teaspoons soya sauce
Salt and black pepper to taste
750 g cooked rice
1 pickled cucumber, chopped.

Boil noodles for 6 minutes and drain. Heat oil in large heavy pan and fry the veal till golden. Move to one side and fry onions, garlic and ginger, stirring constantly. Add celery, chinese cabbage, peas in pod, and fry about 5 minutes. Add boiled noodles and fry till crisp. Add chopped spring onions and whole bean sprouts. Cook for 3 minutes.

Season with soya sauce, salt and pepper. Serve with boiled rice and chopped cucumber.

VEAL SALAD

2 apples
3 boiled potatoes
500 g cubed cooked veal
1 large peeled cucumber
1 small dill pickle
Mayonnaise

Cut up apples, cucumber, potatoes and dill pickle. Mix with cubed veal. Add mayonnaise and stir well. Chill in fridge and serve in lettuce leaves with assorted salads.

TONGUE WITH RAISIN SAUCE

1 fresh or pickled tongue, thinly sliced and placed in casserole.

Pour the following sauce over the meat.

- 250 ml red wine
- 125 ml brown sugar
- 2 tablesp. orange marmalade
- 1 lemon in thin slices
- 250 ml stock
- 125 ml seedless raisins
- 125 ml apple jelly
- ½ teasp. ground cloves
- ½ teasp. cinnamon

Recipe supplied by THEODAS LEVY

HAWAIIAN SKEWERED STEAK

- 1 kg grilling steak cut into 25 mm cubes
- 250 ml soya sauce
- 125 ml sherry
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 tablesp. green ginger chopped
- 2 tablesp. sugar

Make marinade of soya sauce and other ingredients, and pour over cubes of steak. Allow to soak for 2 hours.

Place cubes of meat onto skewers and grill over fire or in pre-heated oven set at grill. Serve hot, passing the warmed marinade as a dip, with cooked rice as a side dish.

PEPPER STEAK

- 6 serving slices of good steak
- 2 tablesp. coarsely ground black pepper
- Salt to cover bottom of heavy pan.

Sprinkle each steak with pepper (both sides) and press pepper well in with hand.

Spread a light layer of salt over pan and heat. When salt begins to brown, add steaks. Grill till well browned on one side and then do other side. The hotter the pan, the more well-done the steaks.

While steak is grilling, heat:

- 6 teasp. fat
- 3 teasp. lemon juice
- 3 teasp. Worcester sauce
- 1 teasp. Tobasco sauce

and pour over steaks, which have now been transferred to serving platter. Sprinkle with 1 tablespoon chopped parsley and serve immediately with fried potatoes and green salad.

This pepper steak can be made with minced beef, shaped into hamburgers. Do not season minced meat or add anything to it. When hamburgers have been shaped, proceed as for steak slices.

NASI GORENG

250 ml uncooked rice
200 ml peanut oil
2 medium onions, chopped
1 clove garlic, crushed
1 fresh chilli
500 g cooked veal or beef
3 eggs
Salt.

Cook rice in 375 ml water for 10 minutes. Drain and cool. Heat oil in large pan. Fry first the onions, garlic and chilli. Add diced meat and fry for 2 minutes, stirring constantly. Add rice, adding more oil, if necessary, and fry all together till rice is golden. Season with salt.

Prepare omelet with the 3 eggs, and cut into thin strips. Add these strips to the rice mixture and serve hot. Garnish with fresh diced cucumber and hot chilli sauce, if desired. Soya sauce may also be passed separately.

SWEET AND SOUR SATAY

500 g Steak
Salt and black pepper
2 cloves garlic
Sugar

Sauce:

2 tablesp. oil
2 small onions, finely chopped
Juice of 1 lemon
2 tablesp. sugar
1 teasp. soyabean sauce

Cut meat into small cubes. Rub with salt, pepper and garlic and sprinkle with sugar. Skewer. Prepare sauce — melt oil and fry the chopped onion. Add lemon juice, sugar and soya sauce. Heat but do not boil. Before grilling the skewered meat, dip first in sauce. While grilling, baste frequently.

Serve left-over sauce with meat for dipping.

ROAST BEEF IN WINE SAUCE

1 kg beef
1 tablesp. flour
½ cup stock
125 ml white wine
125 g mushrooms
Salt and pepper

Roast the beef in your favourite way. Remove, slice and place in hot dish.

Add flour to pan and brown carefully, add stock and wine. Slice mushrooms thinly and add to gravy together with salt and pepper. Cook for 10 minutes.

Pour mixture over meat and heat through before serving.

This quantity is for 1 kg meat. Increase ingredients for sauce according to size of piece of meat.

VEAL SATAY

1 teasp. tumeric
1 teasp. ground almonds
1 ginger root
1 teasp. coreander
250 ml coconut milk
500 g veal
Salt and pepper
1 teasp. brown sugar

Crush tumeric, almonds, ginger root and coreander and moisten with coconut milk. Cut veal into bite-sized pieces. Season with salt and pepper. Marinate in spices for at least one hour. Thread onto skewers, sprinkle with sugar. Baste frequently while grilling.

SATAY

(Meat on Skewers) From Singapore

Satay Sauce:

1 clove garlic
1 small onion
250 ml roasted peanuts
2 fresh chillies
3 dried chillies
1 teasp. sugar
1 small piece tamarind
Juice of ½ lemon
2 tablesp. water
2 tablesp. coconut milk
1 tablesp. soyabean sauce

In a blender, crush together the garlic, onion, peanuts chillies, sugar and tamarind. Fry this paste in a dry frying pan for a few minutes. Add lemon juice, water, coconut milk and soyabean sauce and bring to boil. Reduce heat and allow to simmer until sauce is thick.

Can be kept in fridge in closed jar for a few weeks. Serve with Satay.

VIENNA SCHNITZEL

4 large veal schnitzels
Salt and pepper
Flour
60 ml oil for frying
1 egg plus 1 teasp. water
250 ml fresh breadcrumbs (grate day old bread on fine side of grater

Beat schnitzels till very thin. Sprinkle with salt and pepper and then lightly sprinkle with flour. Dip in lightly beaten egg and water and then coat with breadcrumbs. Press crumbs onto meat with side of a knife. Place meat on a wire rack and keep in fridge for 2 hours. This will ensure that the crust adheres to schnitzels. Heat oil in pan — not too hot — and gently fry schnitzels till golden brown on both sides.

Serve on heated platter, garnished with chopped hard-boiled egg, lemon slices and anchovies.

Very good served with boiled egg noodles mixed with a little fat.

VEAL IN TOMATO SAUCE

500 g veal thinly sliced
1 beaten egg
Bread crumbs and oil for frying
6 tablesp. tomato sauce
2 tablesp. capers
½ teasp. basil
Salt and pepper
2 tablesp. oil (for baking)

Season veal with salt and pepper. Dip in egg and breadcrumbs and fry till brown on both sides. Place in casserole, add tomato sauce, capers, basil, salt and pepper. Dot with oil and bake about 20 minutes in moderate oven (190° C). Serve with noodles and green salad.

BRAWN

4 calf's feet, sawn and split
2,5 l water
1 bay leaf
3 cloves garlic
2 teasp. salt
⅓ teasp. pepper
¼ teasp. allspice
150 ml vinegar
3 hard boiled eggs

Bring feet to boil and remove froth. Add bay leaf. Simmer a few hours, slowly, till meat and gristle come away from bone. Cut this up and add to strained broth with other ingredients. Boil for 10 minutes. Slice egg into mould and pour brawn over to set.

TONGUE POTATO SALAD

750 ml diced cooked potatoes
60 ml French dressing
1 finely chopped onion
125 ml mayonnaise
2 tablespoons chopped parsley
500 ml diced cooked tongue
2 hard boiled eggs, sliced
⅛ teaspoon mixed herbs

Combine potatoes, French dressing and herbs and onion in a mixing bowl. Toss lightly and chill well. Add mayonnaise, parsley and tongue and toss well.

Garnish with hard boiled egg sliced. Serves 4.

E — Singing Kettle

JAPANESE PEPPER STEAK

500 g tender steak, sliced 3 mm thick
Salt and pepper
2 tablesp. oil
1 onion, chopped
1 clove garlic, chopped
2 green peppers, chopped
250 ml beef stock
250 ml peeled chopped tomatoes
1½ tablesp. Maizena
2 teasp. soya sauce
60 ml water

Sprinkle meat with salt and pepper, and brown in hot oil, together with onion and garlic. Add green peppers and stock. Cover and simmer for 10 minutes. Add tomatoes and cook for another 5 minutes. Make paste of the Maizena, soya and water, and stir into the steak pan. Cook till thickened and then serve with hot boiled rice and green salads.

MUSHROOM SAUCE

Step No. 1

1 tablesp. chopped parsley
1 clove garlic, chopped
1 small onion, chopped
1 tablespoon oil
1 tablesp. flour
250 ml chicken stock
⅛ teasp. nutmeg

Melt oil and stir in other ingredients. Cook for 3 minutes. Stir in flour. Slowly add the chicken stock and then the nutmeg.

Step No. 2

1 tablespoon oil
400 g mushrooms, sliced thinly
60 ml sherry

Melt oil, add mushrooms and sauté for 5 minutes. Add to sauce and simmer for about 15 minutes. Add wine and when it comes to the boil, remove sauce and serve over roast chicken or roast beef, or over grilled steak.

MARINATED CHICKEN LIVERS

Sauce:

2 tablespoons soya sauce
3 tablespoons oil
1 tablespoon sugar
Pinch of Vet-sin

Blend these ingredients well together and allow to stand in fridge for about 8 hours.

Wash and clean 500 g chicken livers and marinate in the above sauce for 30 minutes. Heat the sauce and then fry the livers in it till done. Remove livers to warm dish in oven and reduce sauce in pan a little. Pour over livers and serve hot.

OXTAIL STEW

1 large oxtail, cut in joints
3 tablesp. oil
Flour
1 large onion, sliced
500 ml beef stock
1 tablesp. vinegar
3 carrots, sliced
3 potatoes, cubed
250 ml sliced celery
1 green pepper, sliced
Salt and pepper to taste

Roll pieces of oxtail in flour, sprinkle with salt and pepper, and brown in hot oil. Add onion, stock, vinegar, cover pot and simmer till meat is tender — this will take about 2½ hours. Add potatoes, carrots, celery and green pepper. Cover again and cook till vegetables are tender. Serve hot, sprinkled with freshly chopped parsley. Serve with peas and rice.

If desired, sauce may be thickened by adding 2 teaspoons flour to a little of the liquid from the stew, making this into a paste, and stirring it into the oxtail stew. Cook till thickened.

STUFFED SHOULDER OF VEAL

1,5-2 kg shoulder of veal, deboned
Pinch nutmeg
2 tablespoons flour
1 teaspoon salt
Lemon

Stuffing:

250 g coarsely chopped mushrooms
250 ml breadcrumbs
125 g sausage meat
1 tablespoon chopped fresh mint (or 1 teaspoon dried)
4 tablespoons chopped parsley
½ teaspoon grated lemon rind
1 medium chopped onion
60 ml dry sherry
2 slightly beaten eggs
½ teaspoon salt
Pepper

For roasting:

2 tablespoons shortening
250 ml dry red wine

Wipe meat, rub with lemon and sprinkle with flour, salt, pepper and nutmeg. Prepare stuffing, mix well together and spread on meat. Roll up neatly and tie ends. Place meat in roasting pan, together with shortening and red wine. Roast in moderate oven for 1½ hours, basting occasionally with pan juices.

When tender, remove to platter, add a little water to the pan juices, scrape well and boil up to make gravy. Serve with hot satsuma plum jam or a berry jelly.

FLORENTINE VEAL

4 large veal chops (1 per person)
Flour
Oil for frying
4 green peppers, sliced and seeded
1 onion, sliced
1 clove garlic, crushed
12 green olives, sliced
1 tablesp. capers
4 Anchovy fillets, chopped
Salt and pepper to taste

Heat 3 tablesp. of the oil and add peppers, onion and garlic and sauté till tender. Stir often. Add olives, capers and anchovies, and season with salt and pepper. Transfer this sauce to a bowl and keep warm. Roll chops in flour, season with salt and pepper and brown in another 2 tablespoons oil in same pan. Add the sauce, cover pan and cook slowly for about 30 minutes, or until chops are tender. Check that the mixture does not get dry — add small quantity of stock if necessary.

Serve on rice, accompanied by a tossed salad.

SIMPLE BARBECUE SAUCE
(for basting while grilling)

250 ml oil (groundnut oil)
60 ml soya sauce
125 ml sherry

Mix together and use to baste chickens or steak while grilling.

PRUNE TZIMMES

2 kg brisket of beef
6 potatoes
3 tablespoons oil
Pinch pepper
2 bayleaves
6 allspice
80 ml syrup
1 kg uncooked prunes
2 large onions, sliced
2 teaspoons salt
½ teaspoon cinnamon
½ teaspoon ginger
3 stalks celery, diced

Soak prunes for 5 to 6 hours. In large pot heat oil and fry onions till pale golden. Add celery. Add the washed salted and pepper brisket. Brown together with onions. When brown on all sides, sprinkle with cinnamon and ginger on meat and add the water in which prunes were soaked. Add allspice and bayleaves and simmer gently for 1½ hours. Turn meat a few times. See that lid fits tightly onto pot. When meat starts to get tender, add the quartered potatoes, syrup and prunes. (If potatoes are small, leave whole). Cover and cook till meat is tender. When ready for serving, the gravy may be thickened with a little flour and water after the meat, potatoes and prunes have been removed to serving platter.

ESCALOPE DE VEAU MARICHAL

4 veal chops
1 clove garlic, crushed
1 tablesp. chopped parsley
3 tablesp. malt vinegar
1 teasp. sugar
Salt and pepper

Salt and pepper the chops. Fry on both sides in hot oil. Sprinkle garlic, parsley, vinegar and sugar over chops. Cover pan and cook for about 15 minutes.

Served with mashed potatoes.

Recipe supplied by FRANCOISE MILLER

CORNED BEEF WITH RAISINS AND PINEAPPLE

2-2,5 kg corned beef
1 tin canned pineapple (500 g size)
2 tablespoons chopped seedles raisins
1 dozen whole cloves
125 ml light brown sugar
125 ml brown vinegar
2 teaspoons mustard powder
Pepper to taste
Water for covering the beef with during cooking

Cook the beef slowly till tender, adding the juice from the pineapple during the last hour of cooking. When tender, place the drained beef in a casserole and stick the surface with the cloves.

Mix together half the pineapple pieces, brown sugar, vinegar, mustard, pepper and raisins and pour over the meat. Bake 30 minutes in a moderate oven, basting with the syrup formed at the bottom of the dish. When cooked, sprinkle the beef with fine dried bread crumbs and place meat on serving platter. Heat the remaining pineapple pieces in the casserole in the syrup from the meat and stick each piece over the beef with a toothpick as a garnish. May be served hot or cold.

FRIED VEAL CHOPS

Rub veal chops with salt, lemon and garlic. Marinate in lemon juice and oil, seasoned with pepper and salt, for about 3 hours, turning often in the marinade.

Fry onion rings dipped in flour and egg and put aside. Flour chops and then dip in egg and fry until done.

Serve with onion rings, mashed potatoes and glazed carrots.

The oil in which the chops are fried must be very hot at the beginning; reduce the heat to finish the cooking.

Marinade:

250 ml oil
3 tablesp. lemon juice
Salt and pepper
A little sugar

Recipe supplied by DORA GABRIEL

SAUERBRATEN

Pickle a 2 kg piece of roasting beef in the following brine for 3 or 4 days, turning every day:

250 ml vinegar
750 ml water
1 onion, sliced
3 tablespoons whole mixed spice
60 ml salt
1 sliced carrot

Remove meat from brine, reserving the liquid for the gravy later. Roast meat in heavy pan in the oven with 2½ tablespoons oil till brown and nearly tender. Sprinkle 60 ml brown sugar over roast turning so that it is all coated with sugar. When meat is nice and brown take the brine in which meat was soaked, add 125 ml flour, 3 ginger snaps and mix well. Pour over roast and roast for another ½ hour. Remove meat to serving platter, remove fat from gravy, add 125 ml red wine, heat and serve with meat.

Serve with potato dumplings or noodles.

SCOTCH FILLET DIABLO

Slice 1 kg Scotch fillet thinly and cut into 25 mm squares and leave in the following marinade in the fridge for about 12 hours:

125 ml olive oil
125 ml vinegar
250 ml water
1 tablespoon peppercorns
1 sliced onion
2 cloves sliced garlic
½ sliced green pepper
250 ml red wine
1 tablespoon salt
2 tablespoons barbecue spice

Dry meat and saute in 60 g shortening in a skillet with 250 g mushrooms. Blend together 2 tablespoons red wine (burgundy), 1 teaspoon mustard powder, 1 teaspoon Worcester sauce, 1 tablespoon A-1 sauce and 125 ml stock. Add to meat and bring to boil. Place in heated chafing dish and serve at once with noodles and a tossed green salad.

EXCELLENT FOR THE BRAAI

Sauce for Chops (about 15 chops)

3 tablespoons tomato sauce
3 tablespoons Worcester sauce
3 tablespoons vinegar
1 teaspoon prepared mustard
Some grated onion
1 teaspoon sugar

Mix together and leave chops to marinate in sauce for at least 2 hours before they are braaied.

SCOTCH FILLET IN RED WINE

2 kg Scotch fillet
500 ml dry red wine
2 chopped cloves garlic
1 teaspoon salt
1 teaspoon ground ginger
¼ teaspoon white pepper
8 tablespoons oil
2 tablespoons chopped onion
2 tablespoons celery
2 tablespoons green peppers
1 tablespoon flour

Wipe meat with cloth and trim off any sinew. Marinate in the wine for 24 hours. Drain meat and rub with the garlic, salt, pepper, ginger and 1 tablespoon of the oil. Heat the rest of the oil to boiling point and brown the fillet on all sides. Roast in a shallow pan at 180° C for 30-45 minutes (depending on how well done it is required). Baste with the oil in which it was fried.

Add the vegetables and brown. Blend the flour with the vegetables. Add the wine in which the meat was marinated and stir to a smooth sauce. Simmer slowly for a few minutes.

To serve, slice the fillet and poor sauce over. If preferred, sauce may be served separately and the fillet carved at the table.

VEAL ITALIENNE

Beat 1,5 kg schnitzels until paper thin. Beat 3 eggs and season them. Dip schnitzels in egg and then in crumbs. Let stand in fridge for 30 minutes. Fry in oil till brown. Place in casserole.

Make sauce as follows:

Chop and fry a large handful of parsley
Add 2 cloves crushed garlic
125 ml capers
250 ml dry white wine
Simmer with lid on for about 5 minutes
Add 250 ml tomato puree
1 tablespoon tomato paste
Simmer for 20 minutes.

Pour sauce over schnitzels, cover and simmer in a medium oven for 30 minutes. Serve with noodles and green salad dressed with oil and vinegar only.

CHINESE GRAVY

250 ml chicken stock
2 tablespoons maizena
2 tablespoons Chinese sauce (Soya)
1 tablespoon wine

Mix these ingredients together and cook slowly till thick. Use to serve over steak or grilled chicken. Meats may first be soaked in this sauce and then fried with the sauce.

CABBAGE ROLLS A L'ORANGE

1 large white cabbage
80 ml raw rice
500 ml chicken stock
2 tablespoons seedless raisins
750 g beef, ground twice
1 onion, minced
Salt and pepper to taste
1 teaspoon grated orange peel
60 ml oil
5 large ginger snaps, or ground ginger to taste
Juice of 2-3 oranges

Put cabbage in large bowl and pour a kettleful of boiling water over cabbage. Let soak for 15 minutes. Separate leaves of cabbage and drain well. Simmer rice in stock to cover. Plump, the raisins in stock to cover by simmering for a few minutes.

To the ground beef add onion, cooked rice, raisins, salt and pepper and grated orange peel. Mix well. Place a spoonful of mixture on a cabbage leaf, fold the sides over stuffing and roll into a package. Fasten with toothpicks if necessary.

Heat oil in a large skillet with a lid. Saute the stuffed cabbage rolls in the hot oil till golden brown on all sides. Heat remaining stock and add to skillet. Add the ginger snaps, cover and simmer for 30 minutes. Add orange juice, taste to correct seasoning. Simmer for another 30 minutes or till done.

Before serving remove toothpicks and serve immediately. These cabbage rolls may be prepared in advance and reheated thoroughly on a low flame before serving.

BEEF OLIVES

Steak to be sliced very thinly. Salt and pepper steak, and rub in clove garlic, then spread with mustard on one side.

Now place on top thin slice onion, piece of pickle cucumber, sliced olives, and ½ slice of polony.

Roll up and secure with cocktail stick. Brown in a little hot oil. Place beef olives in casserole. Add a little water to pan and pour remaining gravy over beef olives. Add extra mustard, olives, cucumber and slices of polony to the gravy and cook till tender.

BRAAIVLEIS-CHOPS

4 kg lamb chops

Season chops with coriander and ground nutmeg in the proportion of one part nutmeg to five parts coriander. Add salt and pepper and allow seasoned chops to lie for 3 or 4 hours before cooking.

Place meat on griller and sprinkle occasionally with dry white wine or with beer while grilling over the coals.

Serve braaivleis with green salads, baked potatoes and hot garlic bread.

VEAL SCALOPPINE

500 g veal cutlets cut into 15 mm slices. Coat pieces in the following:

125 ml flour
¾ teaspoon monosodium glutamate
½ teaspoon salt
⅛ teaspoon pepper

Meanwhile brown 2 cloves garlic (crushed) in 60 ml oil. Add veal to pan and slowly brown on both sides. Slowly add the following to browned veal:

450 ml tomatoes (sieved)
½ teaspoon salt
¼ teaspoon chopped parsley
¼ teaspoon oregano
⅛ teaspoon pepper

Cover skillet and simmer for about 25 minutes till tender.

VEAL IN SOYA SAUCE

500 g veal
2 teaspoons cornflour
1 clove garlic
125 ml chopped spring onions
125 ml chopped celery
4 tablespoons oil
Salt and pepper
250 g mushrooms
2 tablespoons soya sauce
2 tablespoons sherry

Cut meat into 50 mm strips. Mix cornflour with a little water and combine with meat. Fry garlic, onion and celery in 2 tablespoons oil for 5 minutes, then add the meat and other 2 tablespoons of oil and fry for another 5 minutes. Add the remaining ingredients and continue to cook for another five minutes. Serve hot on noodles or boiled rice.

RAGOUT OF BEEF

1 kg round steak
250 g mushrooms
12 small white onions
6 carrots
3 tablespoons oil
1 clove mashed garlic
2 tablespoons chopped fresh parsley
1,25 l red wine
1 teaspoon tomato paste
Salt and pepper
1 tablespoon flour

Cut steak into eating sized portions and brown quickly in hot oil. Remove meat from pan and brown onions, mushrooms and carrots. Add garlic, tomato paste, flour and parsley. Stir until smooth. Place meat, vegetables and seasonings in Dutch oven and pour on wine within 25 mm of top of meat. Cover and simmer until meat is tender (about 1½ to 2 hours). Serve with French salad and steamed rice.

MUTTON CURRY SUPREME

1 kg thick rib of mutton (chicken may be used)
60 ml oil
2 medium sized onions
500 ml water
1 clove garlic
3 bayleaves
6 peppercorns
4 tablespoons curry powder (half may be used for a milder curry)
1 tablespoon sugar
125 ml vinegar
3 ripe tomatoes
3 bananas
125 ml sultanas
1 tablespoon coconut
1 large apple, grated
2 tablespoons apricot jam

Slice onions and brown in Debras Schmalz. Add garlic, chopped bayleaves and peppercorns. Cut up meat, season with salt and brown in oil and onion. Add 375 ml water and allow to simmer over a low heat for 20 minutes. Mix curry powder with vinegar, 125 ml of water and sugar. Add to meat. Now add tomatoes which have been skinned (place in hot water) and cut up, sliced bananas, sultanas, coconut, apple and apricot jam. Cook slowly until meat is tender. Serve with rice and additional bowls of sliced bananas, coconut, tomato cut up with onion, and chutney. Serves six people.

CURRIED CHOPS AND RICE

6 chops
2 tablespoons oil
200 ml rice
750 ml tomato juice or soup
3 tablespoons chopped onion
2 tablespoons curry powder
2 tablespoons chopped green pepper
Salt and pepper
2 bayleaves

Trim chops, season with salt and pepper and flour them. Heat oil in skillet, and saute chops. Combine uncooked rice, onions, curry powder, tomato juice, green peppers and seasonings. Add bayleaves. Pour over chops and cook in moderate oven for about 2 hours. Serve with green salad and plain boiled rice.

VIENNA SCHNITZEL

4 veal steaks
Bread crumbs
2 tablespoons oil
Salt and pepper
2 beaten eggs
Lemon juice
Lemon slices
Capers
Fried or poached egg (1 per portion)

Beat veal steaks till paper thin. Dip in crumbs, egg and crumbs again. Let stand for about ½ hour in refrigerator. Brown in hot oil. Sprinkle with lemon juice. Garnish with lemon slices, capers and top with fried or poached egg. Serve with sauted potatoes and cucumber salad.

CURRIED BANANA MEATBALLS

Meat balls:

1 kg minced topside
3 thick slices white bread
500 ml water
2 eggs
½ teaspoon ground nutme
½ teaspoon ground cloves
Salt and pepper to taste

Soaked bread in water and add to mince. Add eggs, nutmeg, cloves, salt and pepper. Shape into balls, roll in flour and pack loosely into greased ovenproof dish.

Sauce:

3 large onions, grated
2 tablespoons oil
2 tablespoons flour
250 ml brown vinegar
2 tablespoons lemon juice
500 ml water
2 tablespoons curry powder
3 tablespoons smooth apricot jam
1½ tablespoons sugar
10 bananas

Brown onions slightly in oil. Blend in flour and curry and then slowly add vinegar, lemon juice and water. Add jam, sugar and 6 sliced bananas. Cook slowly until bananas are soft. Arrange the rest of the bananas sliced between the meatballs. Pour over sauce and bake in moderate oven (180° C) for 2 hours. Serve with rice and green peas, coconut and chutney. Serves 8 to 10 people.

RUMANIAN STUFFED CABBAGE ROLLS

1 large head cabbage
1 onion, finely chopped
Oil
Thyme, salt and pepper
1 tablespoon chopped parsley
1 lb. minced beef
125 ml mushrooms
125 ml raw rice
½ tin tomatoes
Juice of 1 lemon
60 ml brown sugar

Pour boiling water over cabbage and let stand for 30 minutes. Separate leaves to stuff. Brown onion in oil and add seasonings, parsley and mushrooms. Add rice and meat, adding more oil if necessary. Saute till brown. Thin heavy centre of cabbage leaf to permit rolling. Place portion of meat mixture in centre of leaf and turn two sides to the middle. Roll open end to other end and tuck in edges. Pour a little oil in bottom of casserole and place cabbage rolls in pan. Pour tomatoes and juice, lemon juice, and brown sugar over rolls. Cook covered about 2 hours in very slow oven. Shake pan occasionally to prevent burning.

Serve with baked apples and red cabbage (sweet and sour).

CURRY CASSEROLE

1 onion
1 kg beef, mutton or chicken
1 half-ripe tomato
1 tablespoon flour
2 tablespoons curry powder
2 tablespoons oil
1 tablespoon salt
1,25 l stock
Rind of 1 lemon
1 tablespoon sultanas
1 tablespoon raisins
125 ml chopped blanched almonds
3 tablespoons apricot jam
3 sliced potatoes

Chop onion and place in saucepan with oil. When golden brown, add curry powder and flour. Stir until smooth golden paste forms. Add chopped tomato, gradually add stock and then, when the mixture has cooked to nice thick gravy, remove from stove and strain. Cut up and prepare meat; mix raisins, almonds, sultanas and lemon rind with apricot jam. Add the fruit and jam mixture to the strained gravy, mixing until well blended. Place meat in an ovenproof dish with alternate layers of sliced potatoes and gravy. Use the ingredients up this way, ending with gravy. Place cover on dish and bake in a medium oven (180° C) for about 3 hours (or until meat is tender).

When using chicken instead of beaf or mutton, the cooking time is only about 1½ hours to 2 hours. Serve with rice which has been cooked with a teaspoon of curry powder. Serves 8 people.

BLANQUETTE DE VEAU

1 kg veal
2 onions
2 carrots
Salt and pepper
Parsley
1 tablesp. flour
Oil
2 egg yolks
1 teasp. lemon juice

Cut the veal into pieces. Put into a saucepan with onions and carrots, salt, pepper and parsley. Almost cover with water. Simmer until tender (about 2 hours).

Into another pan, put flour and oil. Melt and stir well, gradually adding a pint of the liquid from the veal. Simmer until liquid is reduced.

Prepare in a bowl a mixture of egg yolks, chicken fat and lemon juice. Mix well and add hot liquid little by little. Stir over a gentle heat until thickened, then add the pieces of veal, but do not use the vegetables. Garnish with lemon slices, anchovy and chopped egg. Serve with rice.

Recipe supplied by DORA GABRIEL

SOSATIES

2 kg mutton
3 big onions
1 clove garlic
250 ml dried apricots
125 ml raisins
6 bayleaves
2 cups vinegar
Salt to taste
2 tablespoons curry powder
1 dessertspoon fine coriander
1 heaped teaspoon fine ginger
2 tablespoons brown sugar
3 tablespoons chutney
¼ teaspoon cayenne pepper
1 tablespoon oil
1 tablespoon flour
Skewers

Cut meat into small pieces — about 25 mm square — and place in deep pot. Sprinkle with salt and pepper, brown sugar, coriander and ginger. Add onions cut in slices, chopped garlic raisins and dried apricots.

For sauce, mix curry powder with a dessertspoon of vinegar. Add balance of vinegar, cayenne pepper, bayleaves and about 1 teaspoon salt. Boil up, allow to cool and pour over meat and leave to stand for at least 24 hours.

Take out meat and place about 5-6 pieces on skewers, placing 2-3 apricots between. Remove raisins from sauce, add 1 tablespoon oil and meat on skewers and cook until tender. Add 1 tablespoon flour to thicken sauce.

Serve sosaties with the sauce, rice, mixed salads and fruit chutney. Sprinkle raisins which were removed from sauce over ready cooked sosaties. Serves 8 people.

BEEF CURRY
(for 4 – 6 people)

750 g beef
4 medium onions
5 cloves garlic
4 tablesp. oil
3 teasp. curry powder
Salt
1 grated carrot
125 ml stock

Cut meat into cubes. Finely chop onions and garlic. Melt fat in a large saucepan and fry onions and garlic till golden. Add curry powder, stir well, and fry a few more minutes. Add meat, season with salt, and stir well. Cover pot and lower heat, allowing meat to simmer slowly. Do not add any liquid till the meat starts sticking to the pot, and then only a couple of spoons at a time.

When meat is tender, add the grated carrot. Cook slowly for another 10 minutes. Remove the lid and boil off any surplus liquid (if any) and add stock.

Serve with boiled rice (125 ml uncooked per person) and with bananas, raisins, cucumbers, apples, on separate dishes.

VEAL AND MUSHROOMS

250 ml veal steak
250 g mushrooms, sliced
500 g tin canned tomatoes
2 green peppers, sliced and seeded
1 Pimento (tinned if necessary)
6 tablespoons oil
Salt and pepper to taste

Cube meat and season with salt and pepper. Sauté in half the oil till brown all over. Remove meat to warm casserole. Sauté mushrooms for a few minutes then add strained and chopped tomatoes, and simmer for 10 minutes. Fry peppers and pimento in remaining oil for 10 minutes. Add peppers, mushrooms and tomatoes to veal and cook through for 15 minutes in oven.

Serve with rice and tossed salad.

Recipe supplied by BERYL BRODIE.

LIVER IN TOMATO SAUCE

500 g calves liver
Salt and pepper, flour
Oil for frying
1 large onion, sliced
250 g sliced mushrooms
2 tablesp. tomato paste
60 ml stock

Sprinkle liver with salt, pepper and flour and fry for 2 minutes on each side. In the meantime, sauté onions and mushrooms in fat. Mix tomato paste with stock and add with liver to mushrooms. Cook for 2 minutes. Serve on bread croutons.

FRUITY PICKLED TONGUE

Sauce:

250 ml brown sugar
1 rounded teaspoon dry mustard
1 large tin canned apricots and juice, sieved
125 ml sultanas
500 ml stewed apples
125 ml white vinegar
1 tablespoon flour, mixed with a little water.
Salt to taste

Slice a boiled pickled tongue thinly. Sieve apricots and juice into a pot, add the rest of the ingredients, except the flour and water, and bring to boil, stirring all the time. Add the flour and water mixture and stir till thickened. Remove from heat and check seasonings. You may prefer more sugar or more vinegar.

Place the sauce and tongue in layers in an ovenproof serving dish and cover. Heat in a moderate oven and serve hot with rice and Waldorf salad.

SAUCE FOR BASTING ROASTS

1 tablesp. chopped onion
1 clove garlic, crushed
2 tablesp. oil
2 tablesp. vinegar
250 ml red wine
¼ teasp. rosemary
Salt and pepper

Mix all ingredients together and use to baste beef while roasting. This gives a delightful "continental" flavour to ordinary roast beef. Serve with cooked noodles and spring salads.

MARINADE FOR MEAT

125 ml oil
60 ml red wine
1 teasp. salt
½ teasp. pepper
¼ teaspoon oregano
1 clove garlic, crushed

Combine all ingredients and marinate steak in this for 2 hours before grilling or roasting.

PICKLED BRISKET SALAD

250 g cubed, cold pickled meat
4 tomatoes, sliced
4 hard boiled eggs, sliced
1 small lettuce, broken
1 cucumber, sliced
1 green pepper, sliced
1 bunch radishes, sliced

Dressing:

3 tablesp. oil
1 tablesp. vinegar
Salt and pepper
½ teasp. sweet basil

Toss all together with dressing and serve with fresh bread as a lunch or supper dish.

STEAK IN WINE (1)

1 steak per person
Salt and pepper
Garlic
Mushrooms
Oil for frying
Chopped parsley
Flour
150 ml white wine
Tomatoes

Rub steak with salt, pepper and garlic. Grill. Cut mushrooms into small pieces and fry in oil with parsley. Add salt, pepper and a little garlic. Fry till tender, then add flour. Stir gently. Add white wine and tomatoes. Let simmer for 5-10 minutes, stirring often. Pour over grilled steaks.

LAMB CHOPS WITH CUCUMBER SAUCE

3 tablesp. oil	2 tablesp. water
125 ml chopped onion	1 tablesp. vinegar
4 lamb shoulder chops, cut 13 mm thick	1 teasp. salt
	½ teasp. Zeal
1 bay leaf	¼ teasp. pepper

Cook onion in oil until transparent, remove with a slotted spoon to a small dish and set aside. Brown the chops in the same oil over medium heat. Mix the water, vinegar, salt, Zeal, and pepper. Add bay leaf and pour over browned lamb chops. Return onion to pan, cover and simmer for 25 minutes until chops are tender. Add small amounts of water as necessary.

Sauce:

When meat is almost tender, prepare and set aside 125 ml beef stock

Melt the following in a small pan over low heat:

2 tablesp. chicken fat blended with	2 tablesp. flour
	Salt, pepper and Zeal

Heat through until mixture is slightly browned, remove from heat and add gradually 1 tablespoon chopped pickled cucumber, bring to boil and boil for 1 minute, remove from heat again and add gradually:

125 ml dry white wine	1 tablesp. sugar
½ tablesp. vinegar	

Serve the sauce over the chops.

Recipe supplied by PAT JACOBSON

TO PICKLE BEEF OR TONGUE

This quantity of pickle for one ox tongue or 5 lbs. brisket.

1 dessertspoon dry mustard	6 bayleaves
	1 chilli
200 ml salt	3 cloves garlic
1 dessertspoon allspice	250 ml water
1½ tablespoons saltpetre	
1 dessertspoon brown sugar	

Wash meat well and trim. Prick with a fork. Rub meat well with a mixture of all the spices. Place in an earthenware bowl, add the rest of the spices and the water. Place a plate on the meat and weight down with a large stone.

Keep in fridge for a week, turning each day. When cooking, add a tablespoon saltpetre to the cooking water.

SPAGHETTI BOLOGNAISE

500 g minced steak
4 tablespoons oil
1 large onion, finely chopped
2 cloves of garlic, crushed
500 g fresh or canned tomatoes (skinned)
1 tin tomato paste
500 g tomato sauce
1 teaspoon sugar
Salt and pepper
½ teaspoon Rosemary
1 tablespoon chopped parsley
1 tin sliced mushrooms with juice

Fry onions in oil till lightly browned. Add garlic and then the minced steak. Stir mince till it has lost its redness. Add the other ingredients except mushrooms and parsley. Allow to simmer gently. Add mushrooms and parsley just before end of cooking. Serve with spaghetti.

MEXICAN POT ROAST

1,5 kg pot roast
1 clove minced garlic
1 chopped onion
1 tablespoon sliced green peppers
1 tin canned tomatoes
125 ml celery
250 ml meat stock
60 ml white wine
½ teaspoon oregano
Salt and pepper
Paprika

Wipe roast and sprinkle with flour and paprika. Sear in hot pan with 2 tablespoons oil. Add rest of ingredients and simmer until tender — about 3 hours — in heavy pot.

STEAK SERVED WITH BEER

Cooking time 2 to 3 hours. Quantities for 6 to 8 helpings.

Measures level.

1 kg steak
3 teaspoons salt
60 g dripping
¼ clove chopped garlic
2 tablespoons vinegar
A little thyme
9 tablespoons flour
¼ teaspoon pepper
450 ml beer
1 teaspoon sugar
500 g sliced onions
Parsley and bay leaf

Cut the steak in slices about 15 mm thick, 75 mm square. Coat well in flour, salt and pepper. Fry the meat in the dripping until brown. Transfer to the casserole and fry onions. Add the rest of the flour and mix well. Pour the beer into the frying pan and stir until it boils. Pour over meat and add garlic, thyme, etc. and sugar. Cover and cook slowly for 2 to 3 hours. Add vinegar just before serving.

CURRIED MUTTON CHOPS

1 kg mutton chops
2 cloves garlic, chopped fine
2 large onions
1 piece grated raw ginger (about 40 mm)
1 teaspoon tumeric
3 small green chillies, chopped
4 tomatoes, skinned and chopped
1 large apple, peeled and grated
2 bananas, mashed
2 teaspoons salt
2 heaped tablespoons chutney
2 heaped tablespoons apricot jam
1 cinnamon stick
Few bayleaves
3 cloves
1 teaspoon assorted Indian spices (coriander, barishop, pear, cadamon)
2 tablespoons curry powder (dissolved in juice of ½ lemon)

Fry chops and onions in 2 tablespoons shortening. Add garlic. Remove chops to large pot. To onions and garlic add the apple, bananas, tomatoes, chillies and spices. Add the chops, jams and chutney. Simmer gently till half cooked. Add mixed curry powder and cook till tender. About 2 hours.

Serve with cooked rice and any of the following accompaniments:

1. Coconut fried with Indian spices
2. Tomatoes and finely sliced onion, flavoured with vinegar and sugar.
3. Finely chopped green pepper and hard boiled egg.
4. Seedless raisins mixed with coconut.
5. Fresh pineapple cubes with pawpaw balls.
6. Sliced bananas and lemon juice.
7. Salted peanuts chopped with fresh green ginger.

ROAST SCOTCH FILLET

1,5-2 kg piece scotch fillet

Once this is marinated in the following sauce, it will be as tender as real fillet.

1 chopped onion
1 chopped green pepper
1 clove garlic
2 tablespoons sugar
4 tablesp. tomato sauce
2 tablesp. Worcester sauce
250 ml vinegar
Salt and pepper
2 tablesp. oil
2 drops tobasco

Mix all sauces, onion and green pepper. Dig holes in fillet and put tiny pieces of garlic into holes and marinate fillet in sauce overnight and all day, turning often. Roast in this sauce for 3½ hours at 140-150° C oven. Use sauce as gravy as it is, or strain if you prefer.

Recipe supplied by PAT JACOBSON

VIENNESE STEAK

500 g best steak
1 tablespoon flour
30 g fat
1 onion, sliced
1 small tin tomatoes
¼ teaspoon mixed dry herbs
Pepper and salt to taste

Wipe, cut and trim steak, press in flour. Heat fat and sear steak fiercely on both sides. Remove from pan and pour away fat. Place tomatoes with juice, onion and mixed herbs into pan, put back steak and season to taste. Allow to simmer for about ½ hour, using pan with tight-fitting lid. Do not remove lid while cooking.

BEEF STROGANOFF

500 g steak, thinly cut
1 large onion, finely chopped
2 teaspoons flour
125 ml hot water
1 teaspoon lemon juice
1 tablespoon red cooking wine
Salt and pepper to taste
2 tomatoes, skinned and sliced
3 or 4 mushrooms (optional)
½ teaspoon sugar
Clove of garlic (optional)
1 teaspoon chopped parsley
Cooking oil

Cut the steak into strips about 40 mm long and 3 mm thick. Brown quickly in a little oil. Add the chopped onion, garlic and tomatoes. Cook until brown. Now add the lemon juice and stir in. Sprinkle the flour over and blend well. Add the wine and continue to stir. Gradually add the hot water and stir until a gravy is formed. Now add the sugar and the mushrooms sliced, and cook a little longer. Transfer to a covered ovenproof dish and cook for about 15 minutes in a slow oven. Before serving, stir in the chopped parsley.

STEAK IN WINE (2)

1 steak per person
Olive oil
Fat for frying
Salt and pepper
Dash Tobasco
Red wine

Soak steak in olive oil over night. Melt fat, add, salt, pepper and tobasco. When hot, add steak and fry for few minutes on each side. Add 1 tablespoon red wine for each side. Serve with salad and red wine.

WELLINGTON BOOT

1 whole Scotch fillet (2-2,5 kg)
1 teaspoon dry mustard
125 g smoked mutton (fatty if possible)
250 g mushrooms, finely chopped
1 clove garlic, crushed
80 ml sherry
500 g chicken livers
1 tablespoon tomato paste
Parava puff pastry. (Hot water perogen pastry)

Rub meat with mustard and place on roasting rack with salt and pepper sprinkled on it. Roast in hot oven — 200° C — in oil till brown all over. This must be turned from time to time. When tender, remove meat and allow to cool.

In roasting pan, on top of stove, saute the mushrooms, chopped smoked mutton and garlic, sherry, chicken livers, tomato paste and salt and pepper to taste. When tender, remove from stove.

Roll out the puff pastry about 5 mm thick and large enough to enclose the cooked Scotch fillet. Lay the meat in the centre of the pastry, spread the mushroom and liver sauce over it and wrap the whole parcel in pastry, taking care to pinch the edges well together. Carefully place the parcel onto a greased baking sheet, seam-side down, and brush with beaten egg-white. From the remaining pieces of pastry, make a long twist and decorate the "boot" with it. Bake at 220° C for about 30 minutes — till pastry is golden brown.

Make sauce from juices left in pan, mixed with 125 ml sherry and 125 ml strong beef stock. Correct seasoning. Heat for 10 minutes and serve with the sliced "boot" accompanied by roast potatoes, peas and a green salad.

FRENCH STEAK

Cut 500 g steak into suitable serving pieces and put into bottom of casserole. Sprinkle over salt and pepper. Cut up 2 onions and put over the steak.

Sauce: Make a sauce from the following:

2 tablespoons flour
2 teaspoons Worcester sauce
2 teaspoons vinegar
¼ teaspoon dry mustard
½ teaspoon salt
2 teaspoons sugar

Mix these to a smooth paste with cold water, making it into a sauce of white sauce consistency. Pour over the meat. Cover casserole with lid. Simmer for 3 hours in slow oven 120° C, both switches on low. Delicious.

CARROT TZIMMES WITH DUMPLINGS

Tzimmes:

Cook a 2 kg piece of brisket with 1 onion and a little water till meat is nearly done. Remove onion from pot and add 12 sliced carrots and 4 quartered potatoes. Add 1 heaped tablespoon of sugar, a little salt and pepper and cook till vegetables are done.

Remove meat and slice. Place meat, carrots and potatoes into a large casserole dish. Mix 3 tablespoons syrup, 1 tablespoon sugar, 1 tablespoon flour and a little water, to a smooth paste and pour over meat and vegetables. Add cinnamon to taste if desired. Place in oven at 190°C and when cooking add the following batter in spoonfuls round the meat:

Dumplings:

Sift together 250 ml flour, pinch salt, pepper, 1 teaspoon sugar and ½ teaspoon baking powder. Stir in 1 tablespoon oil. Add 2 grated potatoes and 1 small grated onion. Stir in sufficient water to make a dough of dropping texture. Drop spoonfuls into boiling casserole, cover and bake for 30 minutes, basting occasionally. If not sufficient gravy, add a little water from time to time. Bake uncovered for another 10 minutes and serve hot.

STEAK AND KIDNEY PIE

1 kg stewing steak
500 g kidneys
2 tablesp. oil
1 large onion, sliced
250 ml beef stock
1 teasp. salt
Dash of cayenne pepper
2 teasp. Worcester sauce
Pepper to taste

Have kidneys carefully trimmed. Cube steak and kidneys, and sauté in hot oil with the sliced onion. Stir constantly till browned all over. Add stock, Worcester sauce and seasonings. Cover pot and simmer for about 1½ hours — or till meat is tender. Check that the meat is covered with liquid. If necessary, add a little hot water occasionally.

When meat is tender, thicken the sauce with flour (about 1½ teaspoon flour to each cup of liquid) by making a paste of flour and a little of the liquid and stirring it into the meat. Place meat and sauce into a pie dish. Cover with short pastry, being careful to seal the pastry to the edges of the dish. Cut slits in pastry cover for escaping steam and bake in hot oven (230° C) till crust is golden brown. Serve hot.

SAUTEED VEAL SCALLOPS WITH MUSHROOMS AND TOMATOES

(serves 6)

12 veal scallops — dry scallops thoroughly
2 tablesp. oil

Heat oil and saute veal — 3-4 pieces at a time. Oil should be hot, but watch for burning. Each side should take about 5 minutes to brown. Remove to a dish.

4 tablesp. chopped spring onions or onion
500 g red tomatoes, peeled and chopped
1 garlic clove mashed
½ teasp. salt
few grindings of black pepper
½ teasp. sweet basil
150 ml dry white wine (Riesling)
150 ml chicken stock plus 15 g cornflour blended with 1 tablesp. water
250 g sliced tinned mushrooms

Saute onions in about 1 tablesp. oil for about 10 minutes. Stir in tomatoes, garlic, seasonings and herbs. Cover pan and simmer for 10 minutes. Pour in wine and stock and starch. Boil rapidly for 5 minutes until sauce has thickened. Add mushrooms. Correct seasoning and simmer for 1 minute. Depending on the acidity of the tomatoes, you will most likely have to add extra salt and a little sugar. Put scallops into sauce and simmer for 20-30 minutes until tender, but not stringy. Serve on a hot dish covered with sauce and sprinkle with chopped parsley.

Recipe supplied by PAT JACOBSON

Passover Section

WE THANK THE FOLLOWING LADIES FOR THEIR GENEROUS SPONSORSHIPS

SIMA LURIE

FREDA MAIZELS

JANICE MALKINSON

PAULINE MALKINSON

BEULAH MALTZ

LILY MALTZ

JOY MANNE

BUNNY MARKMAN

LYNETTE MARKMAN

RAY MARKMAN

BECKY MAROCK

MILLY MAROCK

BERTHA MATHESON

FLORRIE MELMAN

SAIDIE MELMAN

ETHEL MELMED

JOAN MELMED

ADRIENNE MEYER

BERYL MEYER

BELLA MEYER

MATZO FRITTERS

90 g Matzo meal
1 tablesp. sugar
2 eggs
150 ml water

Mix Matzo meal with sugar. Beat eggs with water very well and add to meal. Mix well. Fry in hot oil till golden brown on one side, turn and brown other side.

Serve hot with jam or sprinkled with cinnamon and sugar.

PASSOVER KNEIDLACH

6 eggs (separated)
6 dessertspoons oil
12 heaped dessertspoons Matzo meal
200 ml top chicken soup
1 teaspoon cinnamon
1 tablespoon ground almonds
Salt to taste

Beat yolks very well. Add cinnamon, salt and oil and beat again. Add ground almonds, liquid and matzo meal. Fold in beaten whites. Allow to stand for 2 hours and then make into small balls and drop into boiling salted water. Cook for 20 minutes and then transfer to boiling chicken soup for five minutes or serve separately in plates with soup poured over them.

STUFFED KNEIDLACH

3 eggs
250 ml water or cooled clear soup
3 tablespoons fat
Matzo meal to mix
Ground almonds
Salt, cinnamon, castor sugar

Outside layer:

Whip egg whites until fairly stiff. Drop two yolks onto the whites and beat till mixed. Add fat, salt and pepper to taste and soup or water. Add enough matzo meal to make a soft mass.

Filling:

Mix the third egg yolk with 1 tablespoon fat, 1 tablespoon ground almonds, pinch sugar and salt to taste and matzo meal to make a very firm mixture. Add enough cinnamon to give a definite brown colour.

Place both mixtures in fridge for at least one hour. Make small balls of the cinnamon mixture the size of marbles. Coat with first mixture, drop into rapidly boiling salted water and cook for approx. 20 minutes. Remove from water to a pan greased with chicken fat and put a little fat over the kneidlach. Sprinkle with a little cinnamon and sugar. Bake in 200° C oven till light brown. Serve with chicken soup.

VERENIKES

500 ml mashed potatoes
150 ml matzo cake meal
1 teaspoon salt
½ teaspoon pepper
3 well-beaten eggs
125 ml Matzo meal

Combine potatoes, cake meal, salt, pepper and 2 well beaten eggs. Form into balls. Make a depression in each and fill with chopped meat, which has been seasoned and mixed with a little fat. Cover over depression with potato mixture. Flatten the balls slighfly, dip 'n beaten egg and matzo meal and fry in hot chicken fat, turning to brown both sides. Be careful not to turn too much — once each side is enough.

Serve these verenikes with clear chicken soup or as a main course with a green salad.

EXTRA-LIGHT KNEIDLACH

2 eggs
4 tablesp. fat
1 cup Matzo meal
Approx. 125 ml water
1 teasp. salt
½ teasp. ginger

Beat eggs, fat, salt, water and ginger very well. Add Matzo meal to make a firm batter. Cover bowl and place in fridge for at least 2 hours. Half an hour before serving make into small balls, the size of walnuts (wet hands) and drop into boiling salted water. Cook for 30 minutes. Drain and serve in clear soup.

ALMOND BALLS FOR SOUP

60 g ground almonds
Grated rind of 1 lemon
1 egg
Salt

Separate yolk and white of egg. Beat yolk, add almonds, rind and a pinch of salt. Whip egg white to a stiff froth, add to almond mixture and mix lightly. Drop small pieces from tip of spoon into hot fat and when puffed up and golden, remove and drain well.

Serve in clear chicken soup.

PASSOVER COCONUT MACAROONS

5 eggs
250 ml cake meal
375 ml sugar
500 ml coconut
Juice and rind of 1 lemon

Beat eggs well. Add the rest of the ingredients and drop spoonfuls on greased baking sheet which has been sprinkled lightly with cake meal. Place a piece of cherry or other glace fruit in centre and bake at 180° C for 25 minutes and for a further 5 minutes at 200° C.

PASSOVER CHEESE BLINTZES

Batter:

150 ml cake meal
½ teasp. salt
375 ml water
3 eggs

Filling:

500 g cream cheese
1 egg
½ teasp. salt
60 ml sugar
¼ teasp. cinnamon

Make a batter of the eggs, salt and water, gradually adding this to cake meal. Beat well all the time to avoid lumps. Cook in a lightly greased pan, as for ordinary blintzes. Turn out onto a clean cloth, cooked side up.

Mix all the ingredients for the filling together. Place a tablespoon of filling on each pancake, fold in edges, and roll up. Fry in a little butter until brown on all sides. Serve warm with a sauce made with 1 cup thick cream mixed with ½ cup cherry jam.

PASSOVER CHICKEN

2 young frying chickens
250 ml Matzo meal
1 teasp. salt
¼ teasp. pepper
125 ml oil
500 ml chopped onion
4 large baking apples, sliced and peeled
250 ml orange juice
2 teasp. grated orange rind
1 teasp. cinnamon
250 ml blanched, sliced almonds

Cut chicken into serving portions. Roll in mixture of Matzo meal, salt and pepper and fry in hot oil till brown all over. Remove chicken from pan. Place chopped onions in pan and fry till golden. Return chicken to pan, and place apple slices around and on top of chicken. Add orange juice, rind and cinnamon. Cover pan and cook for 30 minutes, or until chicken and apples are tender. Sprinkle with almonds and place in oven for a few minutes under the grill to brown.

ORANGE NUT CAKE

125 ml cake meal
2 tablespoons potato flour
6 eggs, separated
250 ml sugar
125 ml ground nuts
1 teaspoon orange rind
¼ teaspoon salt

Sift cake meal and potato flour together. Beat egg yolks till light. Add sugar and beat till light and creamy. Add sifted meal and stir well. Add nuts and flavouring. Beat egg whites with salt till stiff, but not dry, and fold in gently. Turn into a greased and paper-lined tin and bake at 160° C for 45-60 minutes.

PASSOVER DUCK IN ORANGE SAUCE

Part One:

2 ducks
125 ml honey
2 teasp. paprika

Sprinkle ducks with salt and pepper and roast in uncovered pan in 180° C oven for about 2 hours, basting after first hour with honey and paprika. Pour off excess fat before starting to baste. Turn ducks when basting. When crisp and brown, remove from oven for serving.

Part Two:

Giblets & necks of ducks
375 ml chicken stock
200 ml orange juice
60 ml honey
½ teasp. salt
2 teasp. grated orange rind
Pinch of ginger
2 tablesp. potato flour

Cook giblets and necks in chicken stock till tender, seasoning with salt and pepper if necessary. Make a paste of the potato flour with a little of the orange juice, then add the rest of the juice, honey, salt, rind and ginger. Add giblet broth, strained. Cook over low heat, stirring all the time till sauce is thick. Serve hot with the duck.

APPLE TART

125 g butter
125 ml sugar
3 eggs
125 ml Matzo meal
125 ml potato flour
1 heaped tablespoon ground almonds

Cream butter and sugar. Add egg yolks and beat till creamy. Add dry ingredients with almonds. Pat mixture into a greased pie dish and place stewed apples on top. Bake for 15 minutes at 200° C.

Meanwhile beat the egg whites stiffly with 2 tablespoons sugar and cover top of tart with this meringue. Reduce the oven heat to 150° C and bake for a further 10 minutes, till meringue is firm and golden brown.

PASSOVER CAKE

8 eggs
300 g sugar
125 g ground almonds
125 g sifted cake meal
Rind and juice of 1 lemon

Beat sugar and egg yolks together very well, till creamy and white. Add the almonds, meal, lemon rind and juice. Lastly add stiffly beaten egg whites. Bake in a greased and lined tin for 45 minutes in a 190° C oven.

PASSOVER CHICKEN AND LATKES

3 tablesp. oil
125 ml green peppers, diced
125 ml chopped onion
250 ml sliced mushrooms
750 ml cooked and diced chicken or turkey
1 tablesp. potato flour
1 tablesp. cold water
375 ml good chicken soup or stock
6 potatoes
½ onion
2 eggs
60 ml Matzo meal
Salt and pepper
Oil for frying Latkes

Sauté green pepper, onion and mushrooms in oil till tender, but not brown. Add chicken or turkey and cook through. Mix potato flour and water to a paste and gradually stir in stock. Add to chicken mixture. Stir and cook slowly till sauce has thickened. Season with salt and pepper. Keep hot. Now make Potato Latkes by grating the potatoes and onion. Stir in beaten eggs and Matzo meal. Season with salt and pepper. Drop spoonfuls into hot oil and fry until golden brown on both sides. Drain, place on warm serving platter and pour a spoonful of chicken mixture on each.

PASSOVER APPLE CHARLOTTE

500 g apples, sliced thinly
100 g butter
2 tablesp. sultanas
3 tablesp. sugar
250 ml Matzo meal
Grated rind of 1 lemon
Juice of ½ lemon

Rub 60 g butter into Matzo meal. Add 2 tablesp. sugar. Mix apples, sultanas, rest of sugar, juice and rind together. Grease a baking dish and place ⅓ of the crumb mixture at bottom. Add ½ the apple mixture. Cover with ⅓ of the crumb mixture again and the rest of the apple. Pour 4 tablesp. water over this. Cover with remaining third of the crumbs and dot with remaining butter. Bake in 190° C oven for 1½ hours. Serve hot with whipped cream.

Quinces, bananas, pineapples or rhubarb can be used instead of the apples.

PESACH BISCUITS

125 g butter
100 g castor sugar
150 g cake meal
1 egg yolk
1 tablespoon Pesach wine
Chopped nuts, cinnamon and sugar for sprinkling

Mix sugar and cake meal together. Rub in butter and mix to a dough with the egg yolk beaten with the wine. Make into a firm dough, roll out and cut into shapes. Brush with beaten egg white, sprinkle with nuts, sugar and cinnamon and bake in 190° C oven till light brown and set.

PASSOVER BANANA CAKE

8 eggs, separated
200 ml sugar
¼ teaspoon salt
2 tablespoons wine
6 tablespoons potato flour
6 tablespoons cake meal
2 mashed bananas
200 ml chopped nuts

Beat egg yolks till light, add sugar and beat till light and fluffy. Add mashed bananas and wine. Beat egg whites stiffly and fold into the egg mixture.

Sift flour and add a little at a time to egg mixture till well blended. Fold in chopped nuts. Bake in an ungreased tube tin (chiffon cake tin) for 1 hour 10 minutes at 160° C. Invert when baked and allow to hang for 1 hour till cool.

BUTTER BISCUITS

125 g butter
200 ml sugar
500 ml cake meal
1 tablespoon cream
1 heaped tablespoon ground almonds

Cream butter with sugar. Add cream, then meal and almonds. Roll into small balls and place on greased baking sheet. Flatten with a fork and place a nut on each. Bake for 10-15 minutes at 200° C.

POTATO PANCAKES

Peel and grate raw potatoes to make 600 ml. Add 2 well-beaten eggs and sufficient fine Matzo meal to form a batter. Season with salt and pepper.

Fry spoonfuls of mixture in hot oil till brown on both sides. (Turn when one side is brown).

PASSOVER CHEESE CAKE

6 matzos
6 tablespoons butter
500 g cream cheese
3 eggs, beaten
¼ teaspoon salt
125 ml sugar
Juice of ½ lemon

Soak matzos in water and drain. Grease a pie dish with 4 tablespoons melted butter and fit some of the matzos round bottom and sides of dish. Use oblong dish.

Mix cheese, eggs, salt, sugar and lemon juice. Spread half the cheese mixture over the matzos in dish and place a layer of soaked matzos over the cheese. Place the other half of the cheese mixture over this and top with a layer of matzos. Brush with the other 2 tablespoons melted butter and bake in 180° C oven for about 1 hour. Sprinkle with castor sugar and cut into squares for serving.

This may be served as a dessert after a fish meal with stewed fruits, or just as a cake.

PASSOVER ALMOND TART

180 g castor sugar
6 eggs
180 g ground almonds
Juice and rind of 1 lemon

Cream egg yolks and sugar very well, beating till light and fluffy. Add ground almonds and lemon juice and rind. Fold in the stiffly-beaten egg whites and pour mixture into a well-greased round tin and bake at 190° C for about 40 minutes.

CHOCOLATE NUT CAKE

125 g butter
125 g icing sugar
125 g chocolate
4 eggs
1 tablespoon Matzo meal

Cream butter with sugar and egg yolks. Add melted chocolate, ground nuts and Matzo meal. Fold in stiffly beaten egg whites, gently. Pour into a well-greased loaf tin and bake for 40 minutes at 190° C. Turn out whilst still hot. Ice with the following icing:

Icing:

60 g chocolate
60 g icing sugar
1 tablespoon water
1 tablespoon butter
1 tablespoon cocoa
Nuts for decorating

Melt chocolate in double boiler. Add other ingredients and when all dissolved and mixed, pour over cake. Decorate with nuts.

PASSOVER ROCK CAKES

250 g butter
250 g sugar
250 g fine cake meal
125 g ground almonds
4 eggs
500 g dried fruits (cake mixture)

Cream butter and sugar. Add eggs and beat well till light and creamy. Add all other ingredients. Heap teaspoonfuls on a greased baking sheet and bake at 200° C for 10-15 minutes.

PASSOVER SHORTBREAD

180 g cake meal
125 g butter
100 g sugar
1 egg

Cream meal, butter and sugar well and bind into a firm dough with the beaten egg. Press into a swiss-rol tin and bake at 180° C for ¾ hour. While hot, cut into fingers or squares. Sprinkle with castor sugar.

PASSOVER SWEET POTATOES

4 sweet potatoes (large)
125 ml honey
2 tablespoons grated orange rind
125 ml orange juice
60 ml fat
½ teaspoon cinnamon
¼ teasp. ginger
¼ teasp. salt

Boil sweet potatoes in their skins till tender. Peel and cut into 15 mm slices. Mix rest of the ingredients in casserole. Bring to boil and simmer for 5 minutes. Add potatoes, place in oven and bake at 190° C for 15 minutes, basting frequently.

PASSOVER ALMOND MACAROONS

250 g ground almonds
2 egg whites
500 ml castor sugar
Grated rind of 1 lemon
2 teaspoons cake meal

Beat egg whites till stiff. Mix together rest of the ingredients and fold into whites. Grease a baking sheet, dust it thickly with cake meal and drop batter by teaspoonful onto cookie sheet. Allow room for spreading while baking.

Bake at 150° C for 15 minutes, then increase temperature to 190° C to let macaroons brown slightly. Allow to cool and then remove from baking sheet.

PASSOVER NUT CAKE

5 eggs
5 tablespoons sugar
250 g ground hazelnuts

Beat yolks with sugar till smooth and light. Add nuts and mix in. Fold in well beaten egg whites. Bake in a square tin, greased and paper lined, at 180° C till light brown.

WINE AND NUT CAKE

8 eggs, separated
500 ml sugar
½ teaspoon cinnamon
½ teaspoon ginger
60 ml warm water
125 ml Passover wine
250 ml chopped nuts
125 ml cake meal
125 ml potato flour

Beat yolks, warm water and sugar till fluffy. Add cinnamon, ginger, nuts which have been soaked in wine. Fold in stiffly beaten egg whites. Sift cake meal and potato flour and fold into the batter. Bake in ungreased cake pan at 160° C till cake springs back at touch. This should take just over 1 hour. Tin may be lined with paper for easier removal of cake.

GINGER FLUFF CAKE
(Passover)

3 eggs
125 ml castor sugar
1 dessertspoon golden syrup

Beat eggs well. Add sugar and syrup. Sift together:

4 heaped tablespoons potato flour
1 heaped teaspoon ginger
½ teaspoon cocoa
½ teaspoon cinnamon
½ teaspoon bi-carb
1 teaspoon cream of tartar
Pinch of nutmeg

Fold into egg mixture. Bake in 2 eight-inch layer pans for 15 minutes at 190° C. When cool, sandwich together with whipped cream and jam.

PASSOVER SPONGE CAKE

6 eggs
500 ml castor sugar
250 ml cake meal
250 ml potato flour
Juice and rind of 1 lemon

Rub yolks together with sugar till white in colour. Add 2 tablespoons cold water and lemon juice and rind. Fold in meal and flour. Fold in stiffly beaten egg whites. Bake in a greased and paper-lined 250 mm tin for about 40 minutes at 190° C.

PASSOVER CREAM-PUFFS

375 ml water
½ teaspoon salt
125 g butter
4 tablespoons cake meal
3 eggs

Boil water, salt and butter. Stir in the cake meal till mixture is smooth. Remove from heat and let cool. Add eggs, one at a time, beating well each time. Drop spoonfuls onto a greased baking sheet and bake in 190° C oven till puffed and dry. Cool and slit. Fill with whipped cream flavoured with wine and nuts and glace fruits. Serve as a dessert or as a teatime pastry.

PASSOVER CUSTARD FILLING

2 eggs
200 ml sugar
1 tablespoon potato flour
1 teaspoon butter
1 lemon
250 ml water

Beat eggs well and add sugar and flour, beating slowly. Add juice of lemon, butter and water slowly. Cook in top of double boiler until thick, stirring constantly. Remove from heat and, while cooling, stir occasionally to avoid lumps. Use as filling for cream puffs or as filling for cakes.

F — Singing Kettle

ALMOND PUDDING

3 eggs, plus 1 extra white
100 g castor sugar
150 g ground almonds

Beat egg yolk and sugar till light and creamy. Add stiffly beaten white alternately with the almonds. Bake in 200° C oven for about 20 minutes.

PASSOVER APPLE GATEAU

Cake mixture:

5 eggs
5 tablespoons sugar
2 tablespoons cake meal
3 tablespoons potato flour
Juice and rind of 1 lemon

Whip egg whites till stiff. Add yolks one at a time and beat well. Stirr in sugar slowly and then juice and rind of lemon. Fold in flour and cake meal and mix through thoroughly with spoon — be gentle but thorough.

Oil two sandwich tins and divide sponge mixture into the tins and bake for 20 minutes at 200° C. When cool put together with the following:

Apple filling:

3 large apples, peeled and sliced
125 ml raisins
125 ml chopped nuts
125 ml Passover wine
Sugar and cinnamon to taste

Poach the apples in wine and when tender add the raisins and cook for 3 minutes. Remove from heat, season with sugar and cinnamon and fold in the chopped nuts. Place between the layers of sponge cake and serve with whipped cream.

PESACH BISCUITS

250 g butter
250 ml sugar
1 egg
250 ml cake meal
250 ml potato flour
250 ml ground almonds
Grated rind of 1 lemon
Grated rind of 1 orange

Cream butter, add sugar. Cream well together. Add egg, beating well, then flours (sifted together) and lastly almonds and rind. Mix together into a smooth biscuit dough and allow to stand in fridge for 1 hour.

Make into little balls, dip in cinnamon and sugar and press down with a fork onto a greased baking sheet. A nut may be placed in centre of each biscuit. Bake in slow oven — 160° C — for 25 to 30 minutes.

PASSOVER BREAKFAST FLAPJACKS

5 eggs
250 ml water
250 ml Matzo meal
1 tablespoon salt
Pinch cinnamon

Beat egg yolks well, add Matzo meal, water, salt and cinnamon. Fold in stiffly beaten egg whites. Fry in butter by spoonfuls on both sides till golden brown and serve hot with grape jam or just plain with coffee.

FILLED POTATO PUDDING

3 large raw potatoes
1 cooked potato
30 g chicken fat
1 tablesp. chopped onion
6 tablesp. Matzo meal
3 eggs
Salt and pepper
Dash of cinnamon

Filling:

250 g minced meat
1 chopped onion
Salt and pepper
Cinnamon

Grate potatoes finely and drain. Mash cooked potato and add. Mix with remaining ingredients. Put meat mixture in between layers of potato and bake for 1½ hours.

NUT COOKIES

3 eggs
125 ml sugar
125 ml cake meal
125 ml finely chopped nuts
½ teaspoon salt
⅛ teaspoon cinnamon

Beat eggs very well. Add sugar and continue beating until mixture is smooth and creamy. Fold in the remaining ingredients. Drop the mixture by spoonfuls onto a greased baking sheet — allow room for spreading. Bake in 200° C oven for 15 minutes.

BEETROOT PRESERVES

1 kg beets
750 g sugar
375 ml water
1 lemon, peeled and sliced thinly
60 g blanched, chopped almonds
1 teaspoon ginger

Boil fresh beetroot till tender. Drain, cool and peel. Cut beetroot into thin strips or dice. Bring sugar and water to boil, add beets and cook for 1 hour. Add lemon slices and simmer 1 hour longer till the beets become transparent, slightly brown and jellied. Add nuts and ginger, stir well and cook for another 15 minutes. Cool and store in dark cupboard to prevent loss of colour.

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Desserts

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OLIVIA OSTRIN

DAWN PALMER

MIRIAM PALMER

ESTELLE PAMENSKY

SARAH PAMENSKY

GLAZED BLACK CHERRY CHEESE TART WITH MARASCHINO TOPPING

Tart Base:

125 g butter
3 tablesp. sugar
1 egg
250 ml flour
½ teasp. baking powder

Cream butter and sugar, add egg and then sifted flour and baking powder. Gently form a dough that can be rolled out, and line a 250 mm dish with same. Prick bottom with fork.

Filling:

125 ml sugar
500 g cream cheese
300 ml cream
3 eggs
½ teasp. salt
1 teasp. custard powder
1 teasp. vanilla
1 large tin black or red pitted cherries

Beat cheese and cream till smooth. Add salt, sugar, eggs, custard powder, vanilla. Fill shell with above mixture and bake for 20 minutes at 160° C. Switch off heat and leave tart in oven for a further 15 minutes.

Cherry Glaze:

When tart is cold, arrange drained cherries on top and glaze with the following:

Heat the juice from the cherries in a pot. Mix 1 teaspoon maizena with 2 teaspoons cold water and add to juice. Bring to the boil. Cool and then carefully spoon over the cherries.

Pipe Maraschino Cream around the edge of the tart.

Maraschino Cream Topping:

300 ml cream
1 tablesp. Maraschino liqueur
1 tablesp. castor sugar
1 stiffly beaten egg white

Whip cream, fold in liqueur and sugar. Lastly fold in egg white. Serve separately with Cherry Cheese Cake.

CHOCOLATE CHEESE CAKE

500 g cream cheese
250 g butter
1 x large-sized Bournville chocolate slab
2 pkts Tennis biscuits
125 ml cup sugar
1 egg
125 g cherries
1 teasp. vanilla essence

Mix cheese with egg and sugar, vanilla and melted butter.

Place 3 rows of 6 biscuits on shining side of tin foil. Spread with ½ the cheese mixture, and place another layer of biscuits on this, followed by the balance of the cheese mixture. (Four layers altogether — biscuits, cheese, biscuits, cheese.) Cut cherries in half and make three rows down the middle. Fold carefully into a pyramid, using the tin foil to wrap it in. Freeze.

Chocolate topping:

Melt chocolate with 4 tablespoons water, 1-2 tablespoons cocoa, 30 g butter in a double boiler. Unfold the tin foil carefully, pour the chocolate mixture over the cake, close the tin foil again and freeze.

Recipe supplied by JOAN MILTZ

BUTTERSCOTCH SAUCE

(Delicious with Ice-cream)

125 ml sugar
125 ml syrup
¼ teasp. salt
60 ml butter
250 ml cream
1 teasp. vanilla essence

Mix in saucepan sugar, syrup, salt, butter and half of cream. Cook over low heat, stirring, to soft ball stage, or just before. Stir in remaining cream. Cook to thickish smooth consistency. Remove from heat and stir in vanilla. Serve hot.

If you wish to make this a day or so before, cook until just beginning to thicken. Cool, refrigerate. To rewarm, bring to boil very slowly, stirring all the time.

Recipe supplied by PAT JACOBSON

APPLE FILLED CREPES WITH HOT BRANDY/FRUIT SAUCE

Crepes:

200 ml milk
200 ml flour
3 eggs
60 ml water
2 teasp. sugar
1 dessertsp. oil
Pinch of salt
¼ teasp. lemon rind
2 tablesp. butter, melted

Blend all ingredients except butter. Scrape down sides of container. Add the melted and cooled butter. Blend for a few more seconds.

Place batter in a bowl and let stand, covered, for at least 1 hour before making crepes.

Apple Filling:

1 tin pie apples (822 g)
1 teasp. sugar
1 teasp. lemon juice
1 teasp. almond essence
1 teasp. apricot jam

Place diced apples in a heavy pot and let simmer for 5 minutes. Add sugar, lemon juice, almond essence and jam — all to give a sweet/sour flavour to your taste buds. Simmer for 10 minutes.

When cool, place about 1 heaped tablespoon on each crepe and roll lengthwise. Place in a buttered dish, sprinkle with chopped nuts and cover with aluminium foil. Heat through for 15 minutes at 180° C. Serve from same dish and spoon sauce separately over each crepe.

Hot Brandy/Fruit Sauce:

1 x 425 g tin Satsuma plums
1 x 425 g tin peaches
125 g sultanas
125 ml brandy

Drain juice from plums and pour into a pot. Dice plums and peaches, minus the juice. Bring the plum juice to the boil and then add the diced plums, peaches and sultanas. Simmer for a few minutes. Warm the brandy, pour into sauce mixture — flambe and serve. Spoon over the apple filled crepes.

Recipe supplied by IVOR LIBESKIND
Pretoria

PEACHES EDEN ROC

Make a syrup of 750 ml water and 250 ml sugar. Add 1 teaspoon Vanilla essence.

Poach 12 Alberta peaches in this syrup for about 5 minutes. Remove peaches and peel immediately.

Mix 1 packet of frozen Raspberries with 250 ml of the above syrup and 4 tablespoons of Cognac. Place peaches in a bowl and cover with the sauce. Allow to stand for 3 to 4 hours.

Make the following sauce:

Melt 250 g caramels in a double boiler and cool. Add 125 ml of cream to the caramels and stir well. Serve this sauce with the peaches.

Recipe supplied by MAUREEN SIMMONS,
Boston, U.S.A.

PARAVE ICE CREAM

6 eggs
200 ml sugar

Any one of the following flavourings:

125 ml fresh or canned peaches, liquidised
or
60 g chocolate and ½ teaspoon vanilla.
or
200 g orange juice (not frozen)
or
1 packet frozen Raspberries or Strawberries.

Separate eggs. Beat yolks with 125 ml sugar until thick and creamy. Sugar must be added gradually to beating yolks. Add any of the above flavourings, slowly to the yolks and beat till thoroughly blended.

Beat egg whites with remaining sugar till stiff, and fold into the yolk mixture.

Freeze in ice trays, or other suitable container.

Recipe supplied by MAUREEN SIMMONS,
Boston, U.S.A.

BRANDY FOAM

4 egg whites
2 tablesp. brandy
1 tin canned peaches
6 tablesp. icing sugar
1 envelope Orly Whip

Cut peaches into small portions. Whisk egg whites stiffly with 4 tablespoons of icing sugar; add peaches, beating well. Whip Orly Whip with brandy and the remaining icing sugar till stiff. Add to peach mixture. Set in fridge.

Recipe supplied by MIRIAM KRAITZICK

GINGER SOUFFLE

3 egg yolks
3 egg whites
¼ teaspoon salt
150 ml milk
2 tablespoons sugar
1 envelope gelatine
2 tablespoons ginger syrup
4 tablespoons finely chopped preserved ginger
300 ml heavy cream (beaten till half thick)
Crushed walnuts or chopped toasted almonds (about 1 cup)
1 teaspoon vanilla
1 tablespoon Maraschino

Beat egg yolks with pinch of salt and sugar till light in colour. Scald milk and pour slowly onto whipped yolks. Stir in double boiler over hot water till custardy in appearance. Add ginger syrup and chopped ginger.

Soak gelatine in 125 ml cold water and dissolve with another 125 ml boiling water and add to hot yolks. When cool and starting to set, add cream and lastly the egg whites, stiffly beaten. Set in wet deep pudding basin and chill. When set, unmould and press crushed nuts all around and on top of the dessert. Place some red currant jelly in an icing tube and pipe lines from the centre top of the pudding down the sides to make a candy striped effect.

This is not a large pudding, so for a pudding for 12 people the quantities should be doubled.

CREME PATISSERIE

This recipe must be done exactly as stated. No mixers must be used, only a wooden spoon.

3 egg yolks
3 level tablesp. castor sugar
3 heaped tablesp. flour
Little less than 600 ml milk
2 vanilla beans, if available otherwise 1 teasp. vanilla essence.

Cream egg yolks and sugar till very light, and consistency must be like ribbon. Then add flour, mix through well. Bring milk to boil in double boiler with the vanilla, then add slowly to egg mixture. Return to boil, mixing all the time until it is like a thick custard. Use as any filling, cream puffs, cakes etc. For a St. Honoré filling, beat 1 egg white till stiff and dry and fold in slowly; this is important and be careful that the mixture is cold before you add this egg white.

To make coffee flavour, add ½ teaspoon instant coffee. For chocolate flavour, add 60 g melted chocolate to milk.

Recipe supplied by RAY MARKMAN

CANDIED BANANA FRITTERS

250 ml flour
½ teasp. salt
1 tablesp. sugar
1 egg
130 ml milk
1½ tablesp. melted butter
1 teasp. baking powder

Sift dry ingredients, make a hollow in the centre and drop egg and milk into it gradually. Beat them together.

Prepare the syrup:

Very slowly melt 6 tablesp. sugar in 3 tablesp. water in small saucepan. When sugar is dissolved, boil quickly (do not stir) until syrup is very pale straw colour. Remove from stove.

Skin and scrape the bananas. Halve them lengthwise, then cut them across to make four portions. Dip them into the batter, drain them, then drop them one at a time into the very hot oil. Cook for a few minutes. Place bananas separately and in one layer in a hot buttered dish.

Reheat the syrup.

The fritters, hot syrup and a bowl of ice cold water are taken to the dinner table where each fritter is dipped in the hot syrup and then dropped into the ice cold water; the fritter will crystallise. Remove and serve at once.

NOTE: If you wish to make a larger quantity, do not double the syrup recipe, but rather boil up a second lot of the same quantity while you are dipping the first lot, as the syrup hardens quickly.

Recipe supplied by FAY LEHMAN

CREME BRULÉE
(Burnt Cream)

750 ml heavy cream
25 mm piece vanilla bean
6 egg yolks
6 tablesp. sugar
125-200 ml brown sugar
Whipped cream to decorate

Heat the heavy cream with vanilla bean in double boiler. Beat egg yolks with 6 tablesp. sugar until light and creamy. Stir the warm cream into egg mixture very carefully and slowly, discarding the vanilla bean. Return mixture to double boiler, place the pan over boiling water and stir constantly until the custard coats the spoon. Pour custard into serving dish and place in fridge to set.

Just before serving, cover the top of the custard completely with brown sugar until none of the cream shows through. Place the dish in a bowl of crushed ice, and place under the flame of the broiler until the sugar caramelizes. Watch very carefully, or sugar will burn.

Served decorated with whipped cream.

Recipe supplied by RUBY STRELITZ

CHOCOLATE LEMON MALLOW FLUFF (PARAVE)

Chocolate Layer:

125 g bitter chocolate (Parave)
125 ml chopped nuts
2 tablesp. castor sugar
3 tablesp. water
2 eggs

Melt chocolate, sugar and water in double boiler. Beat egg yolks and add to chocolate mixture. Fold in stiffly beaten whites and nuts. Thicken a little in the fridge, then pour into a large spring-form tin. Freeze.

Marshmallow Layer:

250 ml sugar
1½ tablesp. Kosher gelatine or Agar Agar (obtainable from chemist)
125 ml cold water
60 ml glace cherries or candied peel
125 ml boiling water
4 egg whites
⅛ teasp. salt
1 teasp. vanilla

Soak gelatine or Agar Agar in cold water and dissolve in boiling water. Whip egg whites and salt until stiff. Add gelatine or Agar Agar in a slow stream, whipping constantly. Add sugar slowly, still whipping. Add vanilla and continue to whip until mixture is thick. Fold in sliced glace cherries or candied peel. Place on top of chocolate layer and freeze.

Lemon Layer:

1 pkt. Lemon Pie Filling
2 eggs
125 ml sugar
600 ml water

Empty packet of pie filling into a pot. Add water and 60 ml sugar. Bring to the boil, stirring all the time. Add egg yolks carefully, ensuring mixture does not curdle. When thick remove from stove and cool. Beat whites stiffly with remainder of sugar and fold in to lemon mixture. Place on top of Marshmallow layer and freeze.

When pudding has frozen sufficiently, turn out of tin and place finger biscuits, cut in half, around the pudding. Tie a ribbon round the outside and decorate top with leaves, nuts and cherries.

Recipe supplied by DOREEN BENDER

NUT BRITTLE

In a heavy pan, melt over low heat 250 ml sugar. Stir constantly, and when the syrup is light brown, stir in 250 ml nuts. Stir till well coated. Pour into an oiled dish and when cold, crush into small pieces. This is delicious served over ice cream or as a garnishing for cream desserts.

BRANDIED PRUNE FRITTERS (PARAVE)

500 g prunes
125 g blanched almonds
2 eggs
Flour to mix
4 tablesp. sugar
2 tablesp. brandy
Pinch of salt
4 tablesp. oil
2 squares bitter chocolate (Parave)

Boil and stone the prunes. Replace the pips with nuts. Beat eggs and sugar. Add brandy, salt and flour until thick, flowing dough consistency. Heat oil in pan. Coat each prune with dough and fry until golden brown. Strew hot prunes with grated bitter chocolate and serve them warm.

Recipe supplied by DOREEN BENDER

ORLY-WHIP CASSATA

2 envelopes Orly-whip
4 eggs
200 ml sugar

Whip Orly very well with one-third of the sugar. Whip egg yolks very well, with one-third of the sugar. Whip egg whites, also very well, with one-third of the sugar.

Fold all together and stir in the following:

125 ml sliced glace cherries
125 ml sliced ginger with some of the syrup from the jar
125 ml chopped walnuts
125 ml crystallised pineapple

Place mixture in paper-lined mould and freeze. Serve in slices, on paper doylees.
This keeps in the freezer for a long time.

CHOCOLATE WALNUT DESSERT

250 g bitter chocolate
125 g soft butter
200 ml icing sugar
4 egg yolks
125 ml brandy
125 ml milk
1 pkt. boudoir biscuits
250 ml chopped walnuts

Melt chocolate in double boiler. In the meantime, cream butter and icing sugar well, add egg yolks, beating well after each egg is added. Add melted chocolate. Devide this cream filling into thirds. Mix brandy and milk. Dip finger biscuits into this liquid and lay in a row on a serving platter. Cover with part of one third of the cream filling, and sprinkle with walnuts. Use another layer of biscuits on this and repeat till biscuits are used up. Cover the whole dessert with another third of the cream and the sides with the last portion. Sprinkle nuts on top and sides and put in fridge for 2—3 hours before serving.

ICE CREAM

2 envelopes Orly Whip
125 ml sugar
4 eggs
1 small tin grenadilla pulp or coffee, or liqueur or cherry and nuts

Beat Orly Whip very, very well. Beat yolks with sugar until very creamy. Beat whites until stiff but not dry. Combine all three mixtures. Add the grenadilla, coffee, liqueur, or cherries and nuts, as desired.

Recipe supplied by MIRIAM KRAITZICK

STRAWBERRIES AND CREAM CHEESE ROLL

1 baked Swiss Roll (use recipe as for Charlotte Suisse)

Fill with the following filling and roll up:

500 g cream cheese
4 tablesp. Kirsch
500 g strawberries
3 tablesp. castor sugar

Beat cheese, sugar and liqueur. Spread onto swiss roll and cover with sliced strawberries. Roll up and chill. Serve with more strawberries, sprinkled with Kirsch and sugar.

CHIC TRIFLE

125 ml sugar
60 ml flour
¼ teasp. salt
500 ml scalded milk
4 egg yolks
125 ml rum
½ teasp. vanilla essence
2 tabesp. Creme de Cacao
250 mm sponge layers
250 ml chopped crystallised fruits
250 ml cream

Put sugar, flour and salt in double boiler and add hot milk slowly, stirring constantly. Cook till thickened. Beat egg yolks and gradually add a little hot custard to them, stirring all the time. When half has been added, return the lot to the custard in double boiler and stir well. Cook till thickened and then cool. Add 200 ml crystallised fruits. Divide custard into three small bowls. Add vanilla to one; add 1 tablesp. rum to one; add 2 tablesp. creme de cacao to one. Split the 2 layer cakes in half, making 4 layers. Place one on serving platter. Sprinkle with ¼ of the remaining rum. Spread with one bowl of custard. Place second layer on this, repeat as with first layer and continue with third layer. Cover with the fourth layer, also sprinkled with rum. Chill for a few hours (or overnight).

Just before required, spread top and sides with whipped cream and sprinkle with remaining 50 ml crystallised fruits.

HOT FRUIT TOPPINGS FOR ICE CREAM

These can all be Parava if Orly Whip Ice Cream is used, and if Red Seal Margerine is used instead of butter.

(1) "Orange Dressing"

Grated rind of 2 oranges
1½ tablesp. brandy
1½ tablesp. orange liqueur
45 g butter
2½ tablesp. castor sugar

In chafing dish, mix butter, rind and sugar. Let dissolve and get slightly golden. Stir constantly. Divide oranges into segments (peeled) and add to dish with liqueurs. Warm through and serve hot over ice cream.

(2) "Strawberry Sauce"

500 g strawberries
1 tablesp. castor sugar
Grated rind of 2 lemons
1 tablesp. brandy
1 tablesp. Kirsch
1 tablesp. Maraschino
1 tablesp. butter

Melt butter in chafing dish. Add lemon rind and sugar and dissolve. Add liqueurs and strawberries and when hot, set alight. Simmer a short while and then serve over ice cream.

(3) "Peach Topping"

8 canned peach halves
1 tablesp. butter
125 ml peach syrup
3 tablesp. port
3 tablesp. brandy

In chafing dish, dissolve butter in peach syrup. Add peach halves and poach for a while, basting all the time. Add liqueurs and cook through. Place scoop of ice cream in each bowl, serve a peach half over this, pouring a little liqueur sauce over each serving. Serve at once.

(4) "Jewelled Spray"

250 ml chopped crystallised cherries, ginger & figs (mixed)
1 tablesp. Kirsch
1 tablesp. Maraschino
2 tablesp. butter

In chafing dish, melt butter, mix fruits into hot butter, stir a moment, add liqueurs and when hot, spread a tablespoon of this colourful topping on each serving of ice cream. Serve macaroons along with this, if desired.

"SHABBAT SHALOM"

500 g strawberries
½ jar red currant jelly
2 tablesp. Kiddush wine
1 teasp. brandy liqueur

Make sauce with jelly, wine and liqueur. Chill in fridge. Serve strawberries in a bowl lined with finger biscuits and sauce poured over.

STRAWBERRIES MELBA

500 g strawberries
125 ml raspberry jam
2 tablesp. sugar
125 ml water
2 tablesp. Kirsch
125 ml slivered, blanched almonds

Mix jam, sugar, water and simmer for a few minutes. Add Kirsch and chill.

Arrange strawberries in individual serving dishes, over blobs of ice cream, and pour chilled sauce over. Sprinkle with nuts.

Parave Ice Cream can be used.

HAWAIIAN BANANAS

4 bananas
60 ml brown sugar
125 ml orange juice
¼ teasp. nutmeg
¼ teasp. cinnamon
125 ml sherry
1 tablesp. butter
2 tablesp. rum

Peel bananas and halve lengthwise. Place in buttered flat baking dish. Mix sugar, orange juice, sherry and spices. Heat this and pour over bananas. Dot with butter. Bake in hot oven 230° C for 10 minutes, basting occasionally. Remove from oven, pour over rum and serve hot over ice cream.

FRUIT FLAMBE (PARAVA)

Soak in brown sugar, in separate dishes, 1 sliced pineapple and sufficient bananas for 2 to 3 hours. Just before serving, fry in a little oil, place in chafing dish, pour over warm brandy and set alight.

Serve with sherbet ice cream.

Recipe supplied by PAT JACOBSON

APPLE CHARLOTTE

6 cooking apples
250 ml sugar
¼ teasp. ground cloves
½ teasp. ground cinnamon
2 teasp. lemon juice
200 ml flour
⅛ teasp. salt
6 tablesp. butter
60 ml chopped walnuts

Place peeled and sliced apples in buttered casserole dish with half of the sugar, the spices and lemon juice. Mix the remaining sugar with butter, flour and salt till crumbly. Add nuts and spread over apple mixture. Bake in 180° C oven for about 45 minutes — or till apples are tender and crust is brown.

Serve with cream, ice cream, or plain.

"AFTER DINNER MINT SAUCE"

12 After dinner mints (large ones)
3 tablesp. cream

Melt mints in double boiler, stirring occasionally. When melted, add cream and mix well.
Serve over ice cream.

PARAVE SHERRY SOUFFLÉ

6 eggs, separated
150 ml sugar
200 ml sherry (sweet)
¼ teasp. salt

Place egg yolks and sugar in double boiler. Beat with egg-beater till fluffy — do not let the water underneath boil too fast. Add sherry gradually and continue to beat till mixture looks like whipped cream — be careful not to allow it to boil — then remove from heat and cool. Beat egg whites with salt until stiff. When custard is almost set, fold in whites and spoon into serving glasses. Garnish with cherries and bitter chocolates.

ECLAIR RING

125 g butter
250 ml boiling water
250 ml flour
Pinch of salt
4 eggs
Strawberries or peaches
Nuts
Glacé cherries

Boil butter and water. Remove from stove and add flour and salt. Mix well, return to stove, stirring constantly. When mixture forms a ball, remove from heat and allow to cool slightly. Add eggs, one at a time, mixing well with a wooden spoon after each addition. Mixture should be thick. Pile onto greased baking tray in the shape of a ring and bake at 200° C for 30—45 minutes. Remove from oven and slit the outside edge right round with a sharp knife. Allow to cool and then fill with strawberries or peach slices and Chantilly Cream, and finally top with chocolate. Decorate with nuts and cherries.

Chantilly Cream:

300 ml cream whipped up with
½ teasp. vanilla essence and
2—3 tablesp. castor sugar

Chocolate Topping:

200 g black chocolate melted in a double boiler over medium heat and blended to medium consistency by adding a little hot water and sifted icing sugar.

Recipe supplied by PAT JACOBSON

PEAR MOUSSE

1 large tin pears
1 envelope gelatine
250 ml hot water
125 ml sugar
3 eggs
2 tablesp. rum

Empty gelatine into hot water, stir until dissolved. Set aside. Put pears and juice into liquidizer, or mash by hand until smooth, then add juice. Cream sugar and egg yokes. Add to pears and then mix. Beat egg whites until stiff. Add to pear mixture, add rum and gelatine and put in fridge to set.

Recipe supplied by MIRIAM KRAITZICK

HOT FUDGE SAUCE

125 ml cream
250 ml syrup
250 ml sugar
125 ml cocoa
¼ teasp. salt
3 tablesp. butter
1 teasp. vanilla essence

Mix all ingredients, except the vanilla, together in a pot and bring to the boil. Boil quickly for 3 minutes, stirring occasionally. Remove pot from stove and add vanilla.
Beat well.

Serve hot over ice cream.

CHOCOLATE CHEESE ROLL

250 g cream cheese
60 ml grated milk chocolate
125 ml chopped walnuts
2 tablesp. cream
125 ml chopped cherries

Mix cheese and cream. Beat till smooth. Add chocolate, nuts, and cherries.

Use as a filling for a swiss roll.

GLAZED APPLES

6 baking apples
2 tablesp. sugar
250 ml apple cider
250 ml red currant jelly
Whipped cream, if desired

Peel and core apples, place in a baking dish and sprinkle with sugar. Add the apple cider and bake in 150° C oven for about 30 minutes — or until apples are tender, but still hold their shape. Pour some of the juice from the dish in which apples are baked into the red currant jelly. Mix together and pour over apples to glaze them.

Serve cold, with cream or plain.

RICE IMPERATRICE

1 l water
250 ml rice
750 ml milk
¼ teasp. salt
½ vanilla bean
1 tablesp. gelatine
60 ml cold water
125 ml sugar
4 egg yolks
250 ml chopped crystallised fruits
60 ml Kirsch
250 ml cream, whipped
250 ml red currant jelly

Boil rice in water for 2 minutes and then drain. Replace rice in pot and add 350 ml milk, salt and vanilla bean. Cook slowly, covered, till rice is tender — about 30 minutes. Add extra milk if necessary.

While rice is cooking, mix egg yolks and sugar in double boiler with the rest of the milk (400 ml) stirring constantly, till custard thickens and coats spoon. Soak gelatine in cold water and add to custard. Stir well and pour into rice. Mix well and allow to partly set. Mix the crystallized fruits with the Kirsch, while whipping cream. If rice mixture is not sweet enough, flavour the cream with sugar and vanilla essence. Fold the whipped cream and fruits into rice mixture and fill into a two-quart mould. Chill till set.

Unmould onto serving platter and garnish with chopped fruits if desired. Make sauce with red currant jelly, flavoured with a little extra Kirsch, and serve over Imperatrice.

CARAMEL CUSTARD

375 ml sugar
⅛ teasp. salt
1,25 l milk
1 teasp. vanilla
6 eggs

Preheat oven to 160° C. Place 250 ml sugar in heavy pan, cook over low heat without stirring until the sugar forms a light brown syrup. Then stir to blend. This must be done on a **very cool plate.** Use this syrup to coat a 2 l casserole. Hold dish with pot holder, and slowly pour in hot syrup, turning to coat bottom. Make custard:

In medium heat, in double boiler, heat the milk just until bubbles form around edge of saucepan. In large bowl, beat eggs slightly with rotary beater. Add remaining 125 ml sugar, salt and vanilla. Gradually pour in hot milk, stirring constantly. Pour into casserole.

Set casserole in shallow pan. Pour hot water to 15 ml level round dish. Bake for approximately 1 hour 35 minutes, or until knife inserted in centre comes out clean. Cool and then put in fridge overnight. Turn out on shallow serving dish. Shake gently to release. The caramel acts as the sauce. Makes 8 servings.

Recipe supplied by RAY MARKMAN

BANANA FLAMBÉES

4 bananas
4 tablesp. sugar
1 beaten egg
Flour for coating
Butter for frying
2 sherry glasses Kirsch liqueur

Peel bananas and halve lengthwise. Place on flat dish thickly sprinkled with sugar. Coat bananas well with sugar. Dip in flour, shaking off excess, then dip in egg and in flour again.

Saute in butter until golden. Place on serving platter and keep hot. When ready for serving, pour over warmed liqueur and set alight. Serve with ice cream.

PARAVA PEARS

6 firm pears (with stems)
200 g sugar
300 ml water
1 sherry glass brandy
Orly whip Ice Cream
Maraschino cherries

Peel pears, without removing stems. Place in shallow pan and cook in water, sugar and brandy, basting continually and turning carefully to cook on all sides. This may be done in the oven if preferred. When just tender, remove from pan and place on plate. Cook syrup till slightly caramelized. Set aside to cool. Before serving time, place ice cream in large bowl, arrange pears over this and cover with caramelized liquid. Garnish with cherries and place a fresh leaf at stem of each pear.

CREME AU CHOCOLAT

6 egg yolks
125 ml icing sugar
125 g slab Bourneville chocolate
6 tablesp. water
1 teasp. instant coffee
4 teasp. rum
1 envelope Orly whip
2 teasp. vanilla
125 ml chopped almonds

Beat the yolks with the sugar until very light in colour. This is best done in an electric mixer. Melt the chocolate in the top of a double boiler with 6 tablespoons of hot water. Stir until smooth. Add the instant coffee and rum. Cool. Whip the Orly Whip until thick. Pour chocolate into yolks and blend thoroughly. Fold in Orly Whip and add vanilla. Put into glass bowl or individual glasses. Set in fridge. Sprinkle the nuts on top before serving.

Recipe supplied by MIRIAM KRAITZICK

PARAVA PEACH GATEAU

1 layer sponge cake
1 dish Orly-whip ice cream
6 yellow cling peaches
125 g sugar
1 sherry glass liqueur
Glace cherries
Toasted almonds

Dip peaches into boiling water and then remove peel. Halve and remove stone. Place halves close together in large pan. Add sugar, liqueur and enough water to barely cover. Cook quickly till light caramelized syrup forms. Remove peaches to dish and cool. Remove syrup to jug. Before serving, place cake on platter, arrange peaches and ice cream on top, dribble syrup over. Garnish with cherries and nuts.

MEXICAN TORTÉ (PARAVA DESSERT)

250 mm sponge cake
125 g butter (or oil)
8 bananas (short ones)
250 g sugar
4 tablesp. water
1 lemon (juice)
250 ml red currant jelly

Make syrup of water, sugar and lemon juice. When cool, add bananas and bring to boil again. Remove bananas when boiling point is reached and cool them on plate. Continue cooking syrup till half has evaporated. Place cake on serving platter. Arrange bananas in a wheel on top and pour syrup over evenly. Heat red currant jelly slightly. Pour between bananas over cake and place in fridge to set.

Can be served with whipped cream or Orly-whip.

PARAVA FINGER BISCUIT PUDDING

3 egg yolks
100 g flour
Rind of 1 lemon
1 pkt. finger biscuits
125 ml rum
1 large tin peach slices
Orly whip (flavoured with rum)
Chopped nuts
150 g castor sugar
500 ml juice of peaches

Beat yolks with sugar till light and sugar is dissolved. Beat in flour and add peachsyrup gradually. If not sufficient to make up 500 ml, use lemon juice and a little water in addition. Add lemon rind and heat, stirring with wooden spoon till just boiling. Remove from stove and cool. Line deep dish with biscuits dipped in rum. Cover with layer of cooled custard and some sliced peaches. Sprinkle a few chopped almonds over. Repeat layers and finish with custard. Decorate with peaches, nuts and rosettes of flavoured Orly Whip.

PARAVA MELON DESSERT

2 melons, scopped into balls (keep hollowed shell halves)
60 g coconut
600 ml Orly Whip ice-cream
1 sherry glass gin
Grated dark chocolate

Mix coconut and gin into ice cream. Stir in melon balls. Heap into melon halves and sprinkle with grated chocolate. Serve melon halves on fresh leaves.

This must be assembled at last moment, but all preparations can be made in advance.

SAUTURNES CREME

½ bottle semi-sweet white wine
Thinly peeled rind of 2 green lemons
3 tablesp. sugar
½ teasp. cinnamon

Simmer these four ingredients gently for 30 minutes. Allow to cool.

Beat 6 egg yolks with 1 tablespoon flour and blend into wine mixture. Strain. Place in mould. Put mould in pan of hot water in oven and cook for about 45 minutes at 180° C. Cool and place in fridge for 1 hour before serving. Unmould and garnish.

Recipe supplied by FRANCOISE MILLER

SOUFFLE MILANAISE

2 eggs
60 g castor sugar
1 lemon
150 ml cream
10 g gelatine
200 ml water

Tie paper bands round individual china souffle cups so that the paper stands 50 mm higher than the cups.

Whisk yolks and sugar, lemon juice and rind over hot water till thick. Remove from hot water and whisk till cold. Add cream (whipped) and dissolved gelatine. Fold in stiffly beaten whites. When beginning to thicken, pour into cups and leave to set. Fill right over rim of cups up the paper bands for about 40 mm.

When set, carefully untie the paper bands and peel away from souffle, leaving the souffle mixture standing higher than the cups with no support. Roll the cups carefully in chopped nuts so that the exposed souffle sides are covered. Pipe large cream rosette on top and sprinkle nuts over. Serve each cup on a plate on a fancy doily.

BAKED CLING PEACHES

6 large cling peaches
125 ml Boudiour biscuit crumbs
125 ml ground almonds
1 teasp. grated orange rind
2 tablesp. icing sugar
125 ml sherry

Dip peaches in boiling water and remove skins. Cut in half and remove pips. Place in baking dish, cut side up. Mix crumbs, almonds and rind and fill peach centres. Sprinkle with icing sugar and pour sherry over. Bake for 10 minutes in 190° C oven in covered dish, then uncover for a further 10 minutes. Serve hot.

PARAVE CHERRY TOPPING

125 ml sugar
60 ml water
1 piece cinnamon (50 mm)
1 tablesp. cornflour
200 ml juice from a can of cherries
250 ml canned cherries, drained and pitted
1 tablesp. brandy

Make a syrup of the sugar, water and cinnamon stick, by cooking over medium heat for 5 minutes, stirring occasionally. Remove from heat and remove cinnamon stick. In another saucepan, mix together the cornflour and cherry juice. Add sugar syrup and stir well. Cook over medium heat till thick and clear, stirring constantly. Remove from heat. Add cherries and brandy.

(1) Use as topping for Orly Whip Ice Cream.
(2) Serve over sponge fingers dipped in brandy.
(3) Use as filling for sponge cake.

APPLE FRITTERS

1 tablespoon butter
2 tablespoons sugar
2 eggs, separated
200 g flour
1 teaspoon baking powder
Pinch salt
2 tablespoons milk
3 large apples
Oil for frying
Icing sugar to sprinkle over

Cream butter and sugar till smooth and light. Add egg yolks and mix well. Gradually add flour and milk. Add baking powder and salt and then fold in apples which have been grated on a coarse grater. Fold in the stiffly beaten egg whites. Form into balls the size of a walnut and fry till golden brown in hot oil. Drain and sprinkle with icing sugar and serve immediately. Very attractive if piled in a silver dish on a paper doily and served with coffee.

FRESH MELON FRAPPÉ

1 large melon
1 orange
1 lemon
4 tablesp. castor sugar
1 sherry glass gin
Sprigs fresh mint

Make melon balls and mix with juice of orange and lemon. Add sugar and gin. Pour into tall wine glasses and place in fridge until ready to serve.

Before serving, moisten sprigs of mint, dip into castor sugar and garnish frappé.

Very refreshing after a heavy meal.

MARSHMALLOW PUDDING

30 marshmallows
250 ml bananas
1 envelope Orly Whip
Walnuts
Juice of 1 lemon

Melt marshmallows in 200 ml boiling water in double boiler or over pot of boiling water, stirring all the time, till all have melted. Add mashed bananas and lemon juice, but taking the marshmallows off the stove first. When this mixture has cooled, add Orly Whip, whipped thick, then the nuts. Whip all together till well blended and set in fridge.

Recipe supplied by MIRIAM KRAITZICK

RUM PIE

Line a 250 mm pie dish with crumb shell:

375 ml crumbs — Marie Ginger, Post Toasties or Tennis biscuits
125 ml sugar
125 ml melted butter

Mix well and press into greased pie dish.

Filling:

6 yolks
250 ml castor sugar
1 tablespoon gelatine
125 ml cold water
600 ml cream
125 ml rum

Beat 6 yolks till light and add sugar. Dissolve gelatine in water and bring to boil. Add to egg mixture, stirring well.

Whip cream stiffly. When egg mixture begins to thicken, fold rum into cream and fold into egg mixture. Pour into shell and set in fridge. Garnish with grated chocolate and cream rosettes.

"PASHKA"

Unbaked Cheese and Walnut Souffle

500 g smooth white cheese
125 ml sugar
200 ml thick cream (slightly beaten)
125 g soft butter
2 egg yolks
Pinch salt
Teaspoon vanilla
250 ml grated walnuts
1 heaped teaspoon gelatine (soaked and dissolved in 125 ml water)

Cream cheese well. Add sugar and beat well again (mix-master). Add butter and yolks and beat well. Add gelatine, salt and vanilla and mix until smooth. Then add the cream and lastly the nuts. Grease and paper a 250 mm cake tin (spring form) and crumb well with crushed tennis biscuits. Pour cheese mixture into tin and set in refrigerator for about 5 hours. Turn out, sprinkle with more crumbs and serve.

Variation:

This can make a delicious party dessert if served with strawberries soaked in sherry or port and sugar. Also very good with red cherries which have been flamed with brandy or cherry liqueur and poured over the slices of cheese cake as they are being served.

This "Pashka" can be made a few days in advance and left in the refrigerator until required. The flavour improves after two days.

MOUSSE DE MARRONS GLACEE

1 large tin Marrons Glacé (unsweeten)
4 egg whites
4 tablesp. sugar

Beat egg whites, gradually adding sugar, till stiff. Fold in marrons glacé and serve in individual glasses, garnished with cherries.

Recipe supplied by FRANCOISE MILLER

CHOCOLATE CREAM RING

Refrigerate a rind mould in freezer for 10 minutes. At this stage the mould is completely empty.

In a double boiler, melt a large slab of bitter chocolate. Add 250 ml chopped walnuts and 600 ml Rice Krispies. Mix till all is coated with chocolate. Press this mixture round the sides of the ring mould which has been removed from the freezer. Place in fridge for 25 minutes. Fill ring with ice cream. Now unmould this ring onto a serving dish. Keep in freezer till serving time and then pour chocolate sauce over the servings at the table.

PARAVA TRIFLE

Custard:

500 ml orange juice
Juice and rind of 1 lemon
1 tablespoon maizena mixed with a little cold water
2 tablespoons sugar water
2 beaten egg yolks
2 stiffly beaten egg whites

Bring to the boil the orange juice, lemon juice and rind and sugar. Mix maizena with water and add to juice. Stir well and boil for a few minutes. Add the beaten yolks and cook slowly, stirring till like custard. Fold in the beaten whites.

Trifle:

Cut parava swiss roll into slices and place a layer in bottom of serving bowl. Sprinkle with some jelly made by dissolving one packet of jelly in 250 ml of hot water and 250 ml sherry. Place sliced canned peaches, ginger, cherries and nuts on this and cover with custard mixture. Place another layer of swiss roll on this and repeat with other ingredients till bowl is full and the last layer covered with custard. Allow to set and garnish with chopped jellies in red and green and chopped up glacé fruits.

MARASCHINO DESSERT (PARAVA)

1 tin canned cherries
125 ml maraschino liqueur
6 eggs
300 g Bournville chocolate

Drain cherries and discard syrup. Marinate cherries in liqueur for a few hours.

In top of double boiler, melt chocolate and whisk smooth. Add egg yolks, one at a time, whicking thoroughly each time. Put this mixture into a large bowl.

Whip whites stiffly and fold into chocolate mixture, gently but thoroughly. Add maraschino cherries, drained of liqueur and serve in individual glasses, with boudoir biscuits as garnish. This can be trimmed with Orly whip and cherries if desired.

CHEESE LOKSHEN KUGEL

Cook 1 packet broad lokshen in salted water for 20 minutes. Drain and rinse under cold water.

Mix together 300 g cream cheese, 3 eggs, 125 g melted butter, 150 ml cream and 5 tablespoons sugar. Add handful sultanas and a sprinkling of cinnamon. Mix with the cooked lokshen and place in buttered baking dish. Sprinkle with cinnamon and sugar and dot with butter. Bake in 200° C oven for about 1½ hours. Serve hot.

LOKSHEN PUDDING

500 g broad noodles
2 eggs
3 tablespoons syrup
4 tablespoons sugar
3 tablespoons Satsuma plum jam
3 tablespoons fat
Salt and cinnamon

Cook lokshen in salted water. Drain and then add the beaten eggs, 2 tablespoons of the syrup, 1 tablespoon of the fat, jam, sugar, salt and cinnamon to taste.

Grease baking dish well with the remaining tablespoon of fat and spread the other tablespoon of syrup over this. Add the lokshen mixture and bake at 190° C for about 1 hour — till golden brown. Serve with a sauce made from Satsuma plum jam mixed with a little syrup and water and heated.

PEACHES AND CREAM DESSERT

375 ml sliced and peeled canned or fresh peaches (yellow)
Juice of 1 lemon
Pinch salt
150 ml sugar
1 tablespoon gelatine
125 ml water
250 ml whipped cream
1 teaspoon vanilla essence
1 teaspoon almond essence
1 tablespoon maraschino
1 tablespoon Kirsch

Combine peaches, lemon juice, salt and sugar and leave for about 1 hour. Soften gelatine in cold water and make up to 125 ml with boiling water. Combine with peach mixture and when it starts to thicken add whipped cream. Set in wet pudding mould, or may be used as a filling for a gateau dessert. Garnish gateau with whipped cream and maraschino cherries.

N.B. A point to remember when making cream desserts is that the gelatine mixture must have set to the same consistency as the whipped cream before combining the two. This prevents separation and a fluffy pudding results.

"GOLDEN GLORY"

1 tin mandarins drained
2 tablesp. Kirsch liqueur
125 ml toasted, sliced almonds
Orly whip ice cream

When making ice-cream, flavour it with orange syrup (125 ml orange squash, undiluted).

Arrange scoops of ice cream in champagne glasses, make an indentation in each blob and pour in a little Kirsch. Arrange mandarins in flower pattern around this hole in ice cream and stick a finger biscuit in centre. Sprinkle the ice cream with chopped almonds and serve immediately.

HUNGARIAN APPLE PIE

6 apples
300 g flour
200 g butter or margarine
2 egg yolks
3 tablespoons sour cream
100 g ground almonds
100 g sugar
Strawberry jam
2 egg whites
Egg white and sugar to glaze
Cream and glacé cherries to decorate

Stew apples seasoning with sugar, lemon juice and cinnamon. Sieve flour and rub in butter. Mix to a dough with the egg yolks and sour cream, knead, and put aside in cool place for 30 minutes.

Line a 9" cake tin (loose bottom) or a pyrex dish, with half the pastry and partly bake it (about 10 minutes) in moderately hot oven 200° C. Spread the pastry with strawberry jam and sprinkle half the sugar and almonds on top.

Fold the stiffly whisked egg whites into the stewed apples and put into the pie, sprinkle the rest of the sugar and almonds on top. Cover with the rest of the pastry, glaze with egg white, sprinkle with sugar and bake in moderately hot oven 200° C for about ½ hour. When cold, decorate with cream and cherries.

FLAKY CHOCOLATE RUSSE

Line a 250 mm spring form cake tin with halved flaky chocolate bars by sticking them to the bottom of the loose bottom with blobs of butter. See that the bars stand close together.

Have ready some broken pieces of meringue.

Make chocolate filling:

1 tin ideal milk (chilled)
250 g Bournville chocolate
2 eggs
2 teaspoons gelatine

Melt chocolate in double boiler. Add ½ tin Ideal milk. Dissolve gelatine in cold water and add 125 ml boling water. Add to chocolate with 2 unbeaten egg yolks. Mix well and allow to cool. Beat the other ½ tin Ideal Milk till double in bulk. Beat the two egg whites. Fold into the chocolate mixture when it has started to thicken slightly. Mix well and allow to set.

When chocolate mixture is almost set, spoon into the chocolate lined mould till half full. Spread a layer of crushed meringue and some chopped walnuts and cherries. Sprinkle with liqueur and top with the rest of the chocolate pudding. Allow to set in fridge. Release spring of tin and remove pudding (on the base) to a flat serving platter. Garnish with whipped cream and nuts.

BISCUIT TORTONI
(A cold dessert)

125 g castor sugar
1 teaspoon vanilla
4 egg yolks
1 tablespoon Maraschino liqueur
3 tablespoons macaroon crumbs
1 tablespoon chopped candied peel
3 tablespoons chopped blanched almonds
600 ml thick cream
Red maraschino cherries

In top of double boiler mix castor sugar, vanilla, beaten egg yolks. Stir constantly and when thick take off heat and whisk till light. When cool, mix in 1 tablespoon Maraschino and the macaroon crumbs, chopped peel and nuts.

Fold in the thick sweet cream. Fill into paper cases or small sherbet glasses. Freeze for about 4 hours. Remove from paper cases and dip in macaroon crumbs and top with cream and maraschino cherry. To be served immediately.

GRAPE TART

Pastry:

125 g flour
¼ teaspoon salt
2 teaspoons sugar
60 g butter
1 egg yolk
1 tablespoon cold water

Sift flour and salt into bowl. Add butter and sugar. Rub lightly together. Mix the yolk with water and add to flour mixture, forming into a ball. Roll out and line a pie dish. Bake blind. When cool, fill with the following filling:

Filling:

3 egg yolks
1 teaspoon flour
⅛ teaspoon salt
300 ml milk
4 tablespoons sugar
1 tablespoon cognac
300 ml cream
250 g seeded grapes
1 heated tablespoon raspberry jam

Beat the yolks with the flour and salt. Gradually add milk, beating all the time. Add sugar and beat again. Put in double boiler and stir till mixture thickens. Place saucepan in bowl of cold water and beat till cold. Add the cognac and beat well. Strain mixture

Whip cream and add 4 tablespoons of the cream to the custard. Spread half of this custard on the tart case. Mix the grapes and melted jam together and put on custard mixture. Pour the remaining custard over the grapes and decorate with the remainder of the whipped cream. Place the tart in the fridge for at least 2 hours before serving.

BAKED APPLE PUDDING

2 eggs
125 g butter
125 g sugar
125 g self-raising flour

Mix sugar and butter till light and creamy. Beat eggs slightly and add. Sift in flour to form a soft batter. Butter a baking dish and spread batter evenly.

Cut 3 large tasty apples into even wedges. Dip each wedge in cinnamon and sugar and arrange on the batter in a wheel pattern. Sprinkle with sugar and bake for 1 hour in a 180° C oven. Bake for the last 15 minutes with the heat off. Serve hot with whipped cream. This may also be served cold as a tart for tea.

SOUFFLE MONTE CRISTO

Souffle:

4 eggs, separated
2 tablespoons castor sugar
1 envelope gelatine
300 ml cream
2 dessertspoons liqueur for flavouring
Grated chocolate

Filling:

2 tablespoons almond macaroons
2 tablespoons coarsely chopped walnuts
1 dessertspoon Maraschino
1 dessertspoon Grand Marnier
250 ml sponge cake pieces
125 ml mixed glacé fruits and ginger (add some ginger syrup too)

Soak gelatine in 125 ml cold water and then dissolve by adding 125 ml boiling water. Beat egg yolks and sugar for about 5 minutes. Add gelatine mixture, liqueur and whipped cream. Beat egg whites till stiff and when yolk mixture has thickened slightly add whites.

Rinse ring mould with cold water and line bottom with paper. Pour souffle mixture into mould, alternating with sprinklings of grated chocolate. Leave to set. When set, unmould onto serving platter and fill centre with filling. Place canned cherries round the hole, with some of the filling piled up higher than the mould. If there is any filling over, place round the mould and make a ring of cherries right around the pudding.

Method for filling:

Crumble macaroons and cake and mix with other ingredients and let stand while the pudding is setting. Fill hole in mould letting it heap up on top.

If no ring mould is available, use ordinary cake tin and spread filling over top and garnish with cherries in a circle round the edge of the cake and round the bottom.

PARAVA MOCK CREAM

Whisk the white of one egg till stiff. Heat two tablespoons golden syrup till nearly boiling. Pour this hot syrup into the egg white, beating constantly. Continue beating till thick and cold.

Serve with fruits, or use to decorate puddings. If desired this mock cream may be flavoured with vanilla or any other flavour.

CHARLOTTE SUISSE

Swiss Roll:

3 eggs

Beat till thick and holds shape.

4 rounded tablespoons flour

Sift together and fold into egg mixture with metal spoon.

1 tablespoon butter
1 tablespoon water
6 level tablespoons sugar
1 level teaspoon baking powder
1 tablespoon milk

Bring to boil and add to sponge mixture. Line a 450 mm x 300 mm Swiss roll tin with greaseproof paper which must also be buttered. Spread sponge mixture over same and bake in a quick oven — 200° C for 10 minutes.

Put very damp tea towel on table. Cover with greaseproof paper and sprinkle with sugar. Turn hot Swiss roll onto paper. Cut off edges all round. Spread with heated jam and roll up from the long edge to form a long narrow roll. Cut in thin medallions and use to line a mould which has been buttered well.

Filling:

300 ml milk
3 egg yolks
2 tablespoons sugar
½ teaspoon grated lemon rind
1 tablespoon gelatine softened and melted in 125 ml water
1 heaped teaspoon custard powder. (Mixed with a little milk.)
60 g glacé cherries
60 g glacé pineapple
300 ml whipped cream

Heat milk in double boiler. Add slightly beaten egg yolks, custard powder and sugar, lemon rind, and when thick enough to coat spoon, add the gelatine. Continue stirring until gelatine is thoroughly dissolved and allow to cool. When beginning to set, add the whipped cream, chopped cherries and pineapple and fold in 2 tablespoons Kirsch liqueur. Allow to cool. Pour into mould which has been lined with Swiss roll slices and when set turn out and decorate with additional whipped cream, cherries and angelica.

GATEAU SAINT HONORE

Biscuit base:

6 rounded tablespoons flour
Pinch salt
1 tablespoon castor sugar
1 teaspoon baking powder

Sift together. Add 125 g butter — rub in with fingertips. Add 1 whole egg — with blade of knife.

Roll out into large round — about 250 mm in diameter — prick with fork and bake on flat biscuit sheet. May also be baked in large round cake tin with loose bottom). Bake at 190° C till light brown.

Creme St. Honore:

375 ml milk
125 ml sugar
60 ml flour
4 yolks
Vanilla
6 egg whites
1 envelope gelatine (dissolved in a little cold water and melted over hot)
80 ml sugar

Beat yolks and sugar. Fold into flour and mix well. Heat milk and add to egg mixture with vanilla. (Double boiler). Cook gently stirring well till thick. Remove from heat and when slightly cool add gelatine. Allow to set slightly.

Beat egg whites with 80 ml sugar till thick and fold into egg yolk mixture. Set in round mould the same size as the baked biscuit base. (The same baking tin may be used). This pudding is unmoulded onto the biscuit base which has been spread with raspberry jam and placed on the platter onto which the gateau is to be served.

Cream Puffs for St. Honore:

125 ml butter
250 ml boiling water
250 ml flour
¼ teaspoon salt
4 eggs

Melt butter in hot water. Add flour and salt and stir. Cook until mixture forms ball. Cool slightly. Add eggs one at a time, beating well till smooth. Drop on greased tray with teaspoon and form into balls. Bake at 220° C for 15 minutes. Then reduce temperature to 160° C for 25 minutes.

When cool, split the eclair nobs and fill with whipped cream flavoured with rum. Make syrup by boiling 125 ml water with 125 g sugar till caramel coloured. Dip eclairs into this and build a wall round the biscuit and pudding base. Sprinkle inside with cherries and nuts.

FRUIT SURPRISE

In baking dish, melt 125 g butter. Add 1 tablesp. sugar.

Add:

Grated rinds of lemon and orange
1 tin canned peaches
60 ml lemon juice
125 ml orange juice
1 tin canned cherries
A little juice of each
1 doz. sliced cherries (glacé)
1 doz. chopped walnuts
1 liqueur glass Cointreau
1 liqueur glass orange liqueur

Heat all thoroughly and serve hot over ice cream.

Recipe supplied by MAUREEN BUCHHOLZ

PINEAPPLE CREME

1 kg tin pineapple chunks
250 g sugar
2 dessertsp. rum
1 tablesp. flour
6 eggs

Strain pineapple chunks and crush. Take ¾ of the juice and cook with 250 g sugar for 5 minutes. Stir constantly — do not allow to boil over. Add crushed pineapple and remove from heat. Beat eggs and add rum and flour. Stir egg mixture slowly into pineapple mixture.

Make caramel with 250 ml sugar and 2 dessertspoons water. Cook till golden brown. Line mould with caramel and pour pineapple mixture into it. Place mould in a pan of hot water and bake at 180° C for 1 hour. Allow to cool and turn out. Decorate with pineapple pieces and cherries.

Recipe supplied by FRANCOISE MILLER

LIQUEUR PANCAKES

2 eggs
2 tablespoons rum, brandy or any liqueur
1 tablespoon salad oil
3 tablespoons fine flour
4 tablespoons cold water

Mix yolks, rum, oil, and water smoothly into the flour. Beat thoroughly. Stand for 2 hours and fold in stiffly whisked whites just before using.

Cook in flat pan as usual. Spread on a hot dish (do not roll up), and spread with an appropriate warm jam. If you used orange curacao in the mixture, use marmalade to spread. With rum in mixture, Chinese ginger in slices go well together. Pile the jammed pancakes one on the other and when serving, cut in wedges like a cake and serve a wine sauce with them.

PARAVA FRITTERS

125 g flour
6 tablespoons beer
1 tablespoon oil
1 tablespoon rum or brandy
1 egg
2 tablespoons warm water
Pinch salt

Sift dry ingredients in a bowl, then gently with a wooden spoon stir in the mixed egg yolk, beer, wine, oil and water. Stir, do not beat and continue stirring with a circular motion until smooth as cream. Leave for 2 hours, then add stiffly whipped egg white. Coat fruit and fry in deep fat.

Prunes previously soaked in liqueur, are specially good when dipped in this batter and fried.

PINEAPPLE BAKED ALASKA

(Serves six)

3 medium pineapples, cut lengthwise
125 ml Grand Marnier
2 tablespoons sugar
6 egg whites, stiffly beaten
Pinch of salt
250 ml sugar
1 teaspoon vanilla
1 l very hard ice-cream any flavour

Freeze sufficient ice cubes to fill a large roasting pan.

Cut the pineapples in half, right through the green tops. Carve out the hard cores. Scoop out the flesh in chunks, without cutting through the skins. Cut pineapple flesh into bite-size cubes. Put them into a bowl. Pour over Grand Marnier and dust with the 2 tablesp. sugar. Mix well. Cover the bowl so that the alcohol does not evaporate, and set it into the fridge to chill for a few hours. Wrap tinfoil around the green pineapple tops. Put pineapple shells in fridge to chill for a few hours.

Preheat oven to 260° C.

Fill large roasting pan with coarsely crushed ice cubes. Set pineapple shells carefully into the ice, and fill partly with liqueur-soaked pineapple cubes. Beat egg whites and salt until stiff but not dry. Add the cup of sugar, spoon by spoon, beating until the meringue is stiff. With the last spoon of sugar, add the vanilla essence. Add a scoop of ice cream to each pineapple shell. Cover the ice cream and salad completely with the meringue, making sure to touch the edges all round (to prevent shrinking). Bake at 260° C for 5 minutes until barely tinged with colour. Remove from oven immediately and take tinfoil off the green tops.

Serve the Alaskas on individual plates.

If desired, the top of the meringue may be sprinkled with granulated sugar, chopped nuts, candied fruit etc. before baking.

Recipe supplied by THELMA KOLNICK

CHOCOLATE CUPS (PARAVA)

1 large slab dark chocolate
16 cookie cups

Melt chocolate in double boiler over medium heat until melted but still thick. Using two paper cups at once, to give extra strength, coat inside of paper cups thickly with melted chocolate and place in cookie tray so that sides of cups are supported. Put into freezer until chocolate hardens. Meanwhile keep balance of chocolate at blood heat and when cups have hardened, coat again. Put into freezer again to harden and when very firm you will find that you are able to remove the paper from the chocolate very easily. (makes 8 cups)

Fillings:

(1) Slices of canned peaches topped with Orly Whip and a cherry.

(2) Half fill with slightly softened sherbet ice cream. With back of teaspoon, make a depression in the ice cream and fill with 1 teaspoon of Maraschino liqueur and a cherry. Fill the cups with more ice cream, moulding it as high as possible. Freeze until very firm. Sprinkle with grated almonds.

Recipe supplied by PAT JACOBSON

CHOCOLATE PUDDING

4 eggs
400 ml boiling water
125 g bitter chocolate
2 dessertspoons rum or brandy
2 dessertspoons castor sugar
1 dessertspoon gelatine
200 ml hot water

Beat yolks and sugar. Melt chocolate in hot water and add to yolks. Add all liquid. Mix gelatine and add. Lastly add stiffly beaten egg whites. Set in bowl and trim. Serves 8.

FROZEN RUM PUDDING

2 eggs
60 ml rum
600 ml cream
Boudoir biscuits
400 g mixed glazed fruits

Beat egg yolks till light and fluffy. Beat egg whites stiff. Fold yolks into whites. Whip cream and flavour with rum and then mix all together. Line mould (250 mm x 100 mm high) with greaseproof paper. Put in layers of biscuits and mixture alternately with mixed chopped fruits. Place layer of biscuits on top, cover with greaseproof paper. Freeze in deep freeze and leave overnight. Unmould and decorate.

PINEAPPLE CREAM (Parava Sweet)

- 1 l water
- 125 ml sugar
- 1 grated pineapple
- 3 eggs
- 1 pkt. jelly (pineapple or lemon)
- 1 tablespoon sugar
- 1 tablespoon maizena

Boil pineapple, water and sugar together for about ½ hour. Remove from stove and add the jelly. While this cools, beat the yolks of 3 eggs with the maizena and sugar, add to mixture and boil till eggs are cooked. (Thickened)

Cool and pour over the stiffly beaten whites, and whisk well. This is delicious served in Champagne glasses and decorated with Parava cream, nuts and cherries.

SIMPLE FRIDGE DESSERT

- 600 ml cream
- 2 pkts. boudoir biscuits
- 8 teaspoons sweet sherry
- 8 teaspoons sugar
- 4 teaspoons Nescafé
- Chopped almonds
- Flaked chocolate
- Cherries

Dip each biscuit of the first packet in milk and arrange on a flat serving dish side by side to form a sqare or an oblong, according to the shape of the dish.

Whip the cream till stiff and add sugar, sherry and Nescafé. Spread half of this over the layer of biscuits. Sprinkle with nuts and chocolate. Cover with the second packet of biscuits, also dipped in milk. Cover completely with the rest of the cream mixture and garnish with the chopped nuts, chocolate and cherries. Place in fridge till required.

RAISIN PIE

- 600 ml seedless raisins, washed
- 60 g mixed peel
- 250 ml water

Cook together for about 15 minutes slowly. Add:

- 1 tablespoon brandy
- 125 g butter
- 2 heaped teaspoons mixed spice
- 2 tablespoons sugar
- 2 tablespoons ground almonds
- 2 tablespoons cake or biscuit crumbs

Mix together and let cool. Line tart tin with rich short pastry and add filling. Cover with pastry and cut air vents in top. Brush with beaten egg. Bake in 180° C oven till light brown. May be served hot as a pudding with brandy sauce or custard may be served cold as a tart with whipped cream flavoured with a little brandy.

CREPE SUZETTES

125 ml flour
1 tablespoon sugar
⅛ teaspoon salt

Sift together and make a well to which add:

2 well beaten eggs
150 ml milk
1 tablespoon melted butter
¼ teaspoon grated lemon rind

Stir mixture and allow to stand for a few hours.

Sauce:

6 tablespoons butter
3 tablespoons sugar
½ teaspoon lemon rind
1½ teaspoons lemon juice
80 ml orange juice
2 tablespoons brandy
2 tablespoons cointreau

Make sauce in chafing dish. Fold pancakes in four and place in sauce in chafing dish. Spoon sauce over a few times, letting it simmer slowly. Serve at once.

To fry pancakes, pour spoonful of pancake mixture into hot greased pan and fry till set. Turn and fry other side. Remove to a clean tea towel till required.

FRIANDISES

These should be made only an hour before your dinner party, particularly in places where the humidity is high. The fruits, etc. may be prepared in the morning.

Naartjie segments — gently push a toothpick through the centre.
Grapes — leave a small stalk on each, just enough to enable you to hold with a tweezer.
Prunes and nuts — push a toothpick first through the nut and then into half a stoned prune.
Glacé cherries — push a toothpick into the cherry.

Syrup:

250 ml sugar
125 ml water
½ teaspoon cream of tartar

Mix all ingredients in a saucepan. Boil rapidly — do not stir or move pot on stove. Colour will go a light yellow and as soon as it turns a pale brown, remove from stove and dip each fruit quickly into syrup just to coat and place on a greased baking sheet. Cools almost immediately and each friandise can then be put into a sweet case. (Makes at least 40).

Serve with coffee.

Recipe supplied by PAT JACOBSON

APPLE MERINGUES

6 apples
6 large prunes (soaked in brandy)
125 ml sugar
½ teaspoon cinnamon
1 tablespoon butter
2 egg whites
5 tablespoons castor sugar
½ teaspoon vanilla
125 ml blanched almonds

Peel and core the apples and put in a buttered baking dish. Fill each centre with a prune. Sprinkle with cinnamon and sugar, cover and bake in moderate oven for 30 minutes. basting with syrup. Do not allow apples to fall apart.

Beat egg whites until stiff, add castor sugar gradually and flavour with vanilla. Cover the apples with the meringue and stick the almonds, which have been halved lengthwise, all over the surface of the apples. Bake in a slow oven (110° C) till meringue and almonds are a delicate brown. Serve hot with cream.

STRAWBERRY MOULD

500 g hulled strawberries
250 g apples
300 ml lemon squash
125 g sugar
Strips of angelica to decorate
1 tablespoon gelatine

Slice strawberries and apples into a pan with the squash, mixed as for drinking, and cook gently until tender. Dissolve gelatine in hot water and add to fruit mixture.

Mash with a fork and allow to cool and when almost setting, pour into wet mould. When turned out, decorate the sides with matchsticks of angelica. This method is very simple and suitable for any kind of fruit, fresh or tinned, using gelatine in the proportion of 30 g to 600 ml.

BANANAS FLAMBE

3 peeled bananas
15 g butter
1 tablespoon castor sugar
1 tablespoon curacao
3 tablespoons heated rum

Halve bananas lengthwise. Melt the butter in a frying pan. Fry the bananas slowly, sprinkling them with the sugar. Add the curacao. Cook for 2 minutes, basting the bananas with the liqueur, then sprinkle with warm rum. Set a match to the sauce and let it cook till the flame goes out. Serve with ice cream.

BLINZES WITH LIQUEUR

3 eggs
250 ml milk
125 ml water
250 ml flour
⅛ teaspoon salt

Make pancakes with above ingredients thus: Lightly beat eggs, add milk and then the flour all at once. Season with salt. If mixture is too thick add water little by little until the right consistency is obtained. Grease and heat a pan and pour enough of the mixture to cover the bottom of the pan. Put pan onto stove to cook pancake and when starts curling it is cooked. Invert pan onto a cloth covered tray. Regrease pan for next pancake. Continue till batter is used up.

Filling for blinzes:

500 g cottage cheese
125 g castor sugar
Salt to taste
1 tablespoon cream
½ teaspoon cinnamon
Vanilla essence

Mix these ingredients to a smooth paste and place a tablespoon of mixture on each pancake. Roll up, fry lightly and put in an earthenware dish with 300 ml cream. Bake in 180° C oven for 10 minutes. Remove and add ½ whisky glass of liqueur or brandy and serve immediately.

PARAVA CHERRY GATEAU

Two sponge cakes baked in 250 mm sandwich tins. One can of pitted red cherries.

Filling:

4 eggs
Pinch salt
1 tablespoon gelatine
4 tablespoons sugar
1 teaspoon vanilla
2 tablespoons water
3 tablespoons Maraschino liqueur

Separate yolks and whites of eggs. Beat yolks with sugar and salt over hot water till light and creamy. Add liqueur while beating. Soak gelatine in the 2 tablespoons water and melt in a little hot water. Add to the yolk mixture. Remove from hot water and beat over ice cubes till beginning to set. Fold in the stiffly beaten egg whites. Leave to set.

Place one round of cake on a serving platter, sprinkle with Maraschino and spread some of the filling on same. Place a layer of drained cherries on this. Cover with second layer of sponge, sprinkle with liqueur and cover with the rest of the filling. Garnish with the remaining cherries and with grated bitter chocolate, if desired. The filling is not spread around the sides of the gateau — only in the middle and on top.

STRAWBERRY SOUFFLE

4 eggs, separated
1 tablespoon gelatine
60 ml water
1 teaspoon lemon juice
125 ml sweet wine
3 level tablespoons castor sugar
150 ml cream
600 g fresh strawberries
½ teaspoon vanilla essence

Soak the gelatine in the 60 ml cold water. Wash and hull the strawberries and place in bowl, sprinkle well with sugar and add 125 ml sweet wine. Leave to marinate for an hour.

Beat egg yolks with the sugar until pale in colour and thick in bulk. Add the vanilla, lemon juice and the 150 ml whipped cream. Pick out about 12 to 15 of the best strawberries and set aside for garnishing. Strain off the rest and sieve through a coarse sieve. Add this pulp to the egg yolk mixture and blend together gently with folding movements.

Heat the soaked gelatine slightly and stir until melted. Add to the liquid in which the strawberries have soaked, — there should be about 250 ml of liquid. Add to the egg yolk mixture and lastly fold in the stiffly beaten egg whites. Pour into a wet mould or into a square cake tin and set in refrigerator. If pudding has been set in a souffle dish, garnish with rosettes of whipped cream on top. If pudding has been set in tin, turn out onto serving platter and garnish with lines of whipped cream and the strawberries which had been reserved for decoration.

Variation:

This souffle can be used to make a very elaborate party dessert by baking two swiss rolls and using the souffle as a filling, making a large slab dessert. This may be garnished with criss-crosses of thick cream with an extra pound of large strawberries placed round the sides and top of the gateau. Pipe cream up the sides of the dessert after it has been placed on a large serving tray. If obtainable, strawberry leaves may be placed around the platter, or any other suitable foliage. This will serve 20 people.

PRUNE MOULD

500 g prunes
600 ml water
60 ml claret
125 g sugar
1 lemon
30 g gelatine

Soak prunes overnight in claret and water, then remove stones, cut into quarters, add the sugar and simmer gently for ½ hour.

Add gelatine, previously soaked in a little of the water, pour into a wetted mould and leave in the refrigerator until set. Decorate with coloured cherries and nuts.

BAKED ALASKA

1 rectangular sponge cake
1 block ice cream
Liqueur for sprinkling cake
Ginger, cherries and glacé pineapple
chopped browned almonds

See that the sponge base is at least one inch bigger all round than the ice cream block. Place this sponge cake on a serving platter that can be placed in the oven.

The previous day, remove the ice cream from the freezer and when softening, add the chopped nuts, fruit and liqueur to flavour — preferably Kirsch or Maraschino. Use the same liqueur for sprinkling on sponge cake. Place ice cream in a block mould into freezer for refreezing.

On the day required, beat up 4 egg whites with a pinch of salt and cream of tartar. Add 125 ml castor sugar and continue to beat till meringue holds stiff peaks.

Just before serving, place ice cream block on sponge base which has been sprinkled with liqueur, spread meringue over this, being careful that the ice cream is completely covered as well as the cake, sprinkle with shredded almonds and place in hot oven for about 5—10 minutes — till meringue is set and light brown. Serve immediately.

CARAMEL CUSTARD

In heavy pot, melt 125 ml sugar and 1 tablespoon water. When golden brown, pour into individual custard cups or one dish.

Beat well together 3 eggs and 60 ml sugar. Add 1 teaspoon vanilla essence. Heat 600 ml milk and add a little to the eggs and sugar. Then pour this mixture slowly into the rest of the hot milk and stir well.

Pour custard into the caramel lined dishes and bake in a 160° C oven for 1 hour. Turn out onto a serving platter and serve either hot or chilled. If chilled serve with berry fruits surrounding the custard, garnished with sprigs of fresh mint frosted with castor sugar.

GRENADILLA PUDDING

3 eggs
250 ml sugar
1 large tin grenadillas
1 envelope gelatine
250 ml hot water

Separate the yolks and whites of eggs. Beat yolks with sugar very well. Dissolve gelatine in hot water. Add grenadilla to egg and sugar mixture. Add well-beaten whites. Add gelatine. Set.

Recipe supplied by MIRIAM KRAITZICK

PARAVA CHOCOLATE MOUSSE

125 g plain chocolate
1 tablespoon castor sugar
4 whites of eggs
15 g gelatine
4 tablespoons strong coffee

Grate chocolate and melt in the coffee over gentle heat. Mix in the previously soaked gelatine and put aside to cool. Whisk the egg whites very thoroughly then add 2 tablespoons to the cooled chocolate mixture. Beat thoroughly and then fold in the rest of the egg whites. Serve very cold in tall goblets, topped with chopped nuts, and coloured cherries.

STRAWBERRIES ROMANOFF

2,5 l strawberries. washed, hulled and drained
125 ml castor sugar
3 tablespoons Cointreau
3 tablespoons rum
3 tablespoons vodka
600 ml vanilla ice-cream slightly softened
250 ml heavy cream, chilled
1 tablespoon Kirsch
1 tablespoon raspberry liqueur
Pinch of salt

In a mixing bowl put the prepared strawberries, sprinkle them with sugar and mix the Cointreau, rum and vodka. Do not crush berries. Cover bowl tightly to preserve aroma of the liqueurs. Chill for 2—3 hours.

Before serving, let ice cream soften slightly at room temperature while whipping the cream and salt till stiff. Add the remaining liqueurs to the cream. With the same beaters, whip the ice cream at low speed until smooth as the cream. Combine the two. Place mixture in serving bowl.

Serve the marinated strawberries topped with creamed ice cream mixture.

EXOTIC FRUIT SALAD

1 large melon
2 pineapples, diced
125 ml icing sugar
5 bananas, diced and dipped in lemon juice
125 ml Kirsch liqueur

Cut off circle at top of melon and carefully remove all pulp with a small spoon. Leave rind intact. Cut melon into cubes and mix with pineapple and bananas. Pour sugar and Kirsch over fruit and let soak a few minutes. Fill melon with this mixture and keep in fridge for 2 hours before serving. Place on bed of leaves and serve the fruit salad from the melon bowl.

PECAN NUT PIE

125 ml sugar
250 ml golden syrup
3 eggs
4 tablespoons butter
1 teaspoon vanilla
250 ml chopped Pecan nuts
Salt

Cook sugar and syrup until mixture thickens. Beat eggs and slowly add to the hot syrup, beating constantly. Add butter, vanilla, nuts and salt. Pour into unbaked pie shell. Bake for 10 minutes at 220° C and then reduce to 150° C for another 35 minutes. Serve with whipped cream.

PINEAPPLE WITH GINGER MARSHMALLOW SAUCE

16 Marshmallows
125 ml water
3 egg yolks
60 ml sugar
3 tablespoons preserved ginger
½ teaspoon grated orange rind
½ teaspoon grated lemon rind

Place marshmallows and water in top of double boiler, cover and steam until marshmallows are melted. Beat egg yolks thoroughly, add sugar and stir into marshmallows. Add ginger, orange and lemon rind, return to top of double boiler and cook 2 minutes longer. Chill well, serve over slices of canned pineapple.

SHERRY PUDDING

Dissolve
1 heaped teaspoon gelatine
in
2 tablespoons cold water
add
4 well beaten egg yolks
4 tablespoons sugar
2 tablespoons lemon juice
125 ml sherry

Cook and stir continuously in double boiler, until thickens. Remove from heat.
Whip 4 egg whites stiffly, add 4 tablespoons sugar, and pinch salt.

Fold into the above mixture, and refrigerate in a plain mould. When ready to use, unmould, place ladyfingers around pudding and tie up with gaily coloured ribbon.

MOCCA RUSSE (PARAVA)

1 tablespoon instant coffee
250 g marshmallows
125 ml chopped nuts
300 ml Orly Whip
2 egg whites
Few glacé cherries
1 pkt. boudoir biscuits
Pinch of salt

Set out 200 mm spring-form tin. Cut marshmallows into small pieces with scissors dipped in flour. Dissolve coffee in 250 ml of boiling water. Put coffee and marshmallows in double boiler, stir well, add salt and allow to melt. When melted, remove from stove and cool. When cool, fold in beaten egg whites and whipped Orly Whip, nuts and cherries. Allow to thicken slightly in fridge. Meanwhile cut boudoir biscuits to height of tin, dip cut ends into egg white and stand close together around tin. When filling has thickened, mix well and pour into tin. Allow to set well in fridge. Not too long before serving, remove side from tin and tie a ribbon around the Russe. Decorate with piped cream roses and cherries.

Should this Russe not require to be Parava, substitute Orly Whip for 300 ml of whipped cream, and boudoir biscuits for chocolate sticks.

Recipe supplied by PAT JACOBSON

BAKED ORANGES

4 large oranges
Whisky (125 ml)
Juice of 2 oranges
2 tablespoons sugar
4 level tablespoons butter

With a potato peeler, carefully peel off the outer rind of the oranges. Cut this rind into julienne strips. Place them in a small dish and cover with whisky. Remove white pith from oranges and place oranges in a pan with a blob of butter and a teaspoon of sugar on each. Bake in a moderate oven for 10 minutes. Keep basting.

In the meantime, make a syrup of the juice of 2 oranges and 2 tablespoons of sugar. While it is cooking, add the marinated rind with its whisky. Reduce till it thickens slightly. Place the baked oranges in a serving dish and spoon the syrup over them. Serve with ice cream.

If desired, the oranges may be placed in a chafing dish and brought to the table, before the sauce is added. A tablespoon of whisky is added and set alight. When the flames die down, serve with thick cream and the sauce.

MATHILDA'S TORTE

125 ml butter
125 ml sugar
150 ml chopped almonds

Cream butter and sugar. Add almonds. Line two bread pans with tinfoil and see that it is smooth and 25 mm up the sides. Spread the mixture evenly over the bases of the two tins and bake in 180° C oven till it is light brown and bubbly. Allow to cool and then gently pull off the foil. Place one layer on a serving platter and cover with the following filling:

Filling:

½ pt. cream, whipped
2 teaspoons icing sugar
1 teaspoon Nescafé
1 teaspoon cocoa

Place second layer on top and serve in slices.

BAKED STRAWBERRY CREPES

250 ml flour
300 ml milk
1 egg
Pinch of salt

Beat well together. Grease a small frying pan with butter or oil. When hot, pour in a little of the above mixture and allow to brown. Turn out onto a clean tea towel.

Filling:

1 punnet fresh strawberries soaked in castor sugar

or

1 box frozen strawberries, drained

Place a few strawberries in each pancake and roll up. Place filled pancakes next to each other in a greased Pyrex dish and pour over the following sauce:

Sauce:

300 ml milk
2 egg yolks
2 tablespoons sugar
½ teaspoon vanilla

Put all the ingredients into a double boiler and beat with rotary beater until mixture thickens slightly. Pour over crepes, sprinkle with almonds and brown in oven at 180° C for 15 minutes. Remove from oven, pour over a little warmed brandy, light and serve.

Recipe supplied by PAT JACOBSON

CHERRY MERINGUE DESSERT

Serves 8 to 10

Bake at 190° C for 12 to 15 minutes, then at 180° C for 12 to 15 minutes.

Sift together:

300 ml sifted flour
½ teaspoon baking powder
¼ teaspoon salt

Blend in

75 ml shortening with
75 ml sugar, creaming well

Blend in

2 unbeaten egg yolks and
1 tablespoon milk, beat well

Add dry ingredients all at once, stir until mixture forms a dough. Press into bottom of well-greased 250 ml round layer pan. Chop 125 ml pecans, reserve 2 tablesp. for meringue, sprinkle remainder over dough.

Bake at 190° C for 12-15 minutes. Remove and cool.

Cherry Filling:

Drain

500 g tin sour cherries (pie) reserving 200 ml juice

Blend

2 tablespoons cornstarch with 125 ml sugar in saucepan

Blend in

the cherry juice, stir until sugar dissolves. Cook, stirring constantly, until thick and clear. Remove from heat.

Add

¼ teaspoon almond essence and the cherries. Cool

Transfer the cookie circle to a baking sheet. Drop meringue in tablespoonfuls around the edge on top of circle. Sprin-

kle with reserved pecans. Bake at 180° C for 12-15 minutes. When cool, fill centre with cherry filling.

Meringue:

Beat

2 egg whites until soft mounds form.

Add

60 ml sugar gradually, beating well after each addition. Beat until meringue stands in stiff, straight peaks.

Recipe supplied by THELMA KOLNICK

MAURITIAN GRAPEFRUIT COCKTAIL

(Can be served as a pre-dinner or after-dinner course)

1 tin grapefruit segments
1 tin mandarins
60 ml slivered, toasted almonds
60 ml Cointreau

Drain grapefruit and mandarins very thoroughly. Chill. Serve in champagne glasses with slivered almonds and a little Cointreau poured on each portion.

Garnish with fresh mint leaves.

SUMMER DELIGHT

4 small melons
300 g strawberries
2 tablesp. castor sugar
2 tablesp. Kirsch

Cut "lids" from top of melons. Scoop out flesh and cut into even pieces. Mix with strawberries, sugar and Kirsch and replace in melons. Close with lids and chill.

Serve on individual plates on fresh leaves.

SIMPLE STEAMED PUDDING

250 ml flour
250 ml dark coloured jam
1 teaspoon bicarb
2 tablespoons butter
2 tablespoons milk

Mix all ingredients together, place in greased bowl, cover well and steam for 2 hours. Turn out and serve with hot custard.

Cakes

WE THANK THE FOLLOWING LADIES FOR THEIR GENEROUS SPONSORSHIPS

CELESTE PERELSON

ESTHER PERELSON

CYNTHIA PERL

DENISE PERL

LILY PERL

DOLORES PHILIPS

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CECILE RADOMSKY

DAVIDA RAFF

SARAH REEF

NORA REIN

JOYCE REMBACH

DAWN REZNICK

ESMIN RIMER

BUBBLES ROBERTS

MARBLE CHIFFON CAKE

250 mm tubed baking tin (ungreased)
7 egg whites

Allow to stand at room temperature at least 1 hour before beating to ensure greater volume.

Put into small bowl
5 egg yolks

Mix together and set aside to cool
80 ml cocoa
60 ml sugar
60 ml boiling water

Sift together into a bowl
500 ml sifted cake flour
250 ml castor sugar
1 tablesp. baking powder
¾ teasp. salt

Make a well in the centre of dry ingredients and add
125 ml salad oil
5 egg yolks
200 ml water
2½ teasp. vanilla essence

Beat until smooth. Set aside.

Beat egg whites until frothy. Beat in ½ teaspoon cream of tarter. Add gradually, beating well after each addition, 125 ml sugar. Beat until thick. Slowly pour egg yolk mixture over entire area of meringue and fold together. Pour half of batter into another bowl and fold cocoa mixture into it. Immediately pour alternate layers of dark and light batter into tin. Cut through batter with knife, lifting light batter through dark batter to break air bubbles and give a marbled effect.

Bake at 160° C for 55 minutes. Then at 180 ° C 10-15 minutes or until cake surface springs back when lightly touched.

Immediately invert pan until cool. Remove cake by gently easing a knife around the sides and then the bottom. If desired, ice with chocolate icing.

Recipe supplied by PAT JACOBSON

MINUTE CAKE

2 teasp. baking powder
375 ml flour
¼ teasp. salt
125 ml milk
2 eggs
200 ml sugar
125 g butter
vanilla
pie apples

Sift dry ingredients into large bowl. Make well in centre. Add milk, vanilla and eggs. Lastly add very soft batter. Mix well. Put into loaf tin and spread pie apples on top. Bake at 200° C for approximately 50 minutes.

Recipe supplied by EVE HURWITZ

Unless specifically stated as otherwise, measurements are always level.

The recipes given here are for baking in the low altitude of Port Elizabeth and everywhere else at sea level.

For baking at high altitudes, such as Johannesburg, adjust as follows:

1. Use a quarter less baking powder than stated.
2. Use 2 dessertspoons more liquid per cup.
3. Bake at temperature 15° C higher and bake for a shorter period. (e.g. If recipe says bake for 50-60 minutes, bake for 50 minutes).
4. When baking at high altitudes, do not sift baking powder together with flour. Fold in baking powder after having mixed all the other ingredients.

CHEESE-CAKE DE LUXE

Crumb Crust:

⅔ packet sponge rusks
60 ml sugar
60 ml butter, melted

Grease a 250 mm spring-form tin and sprinkle sides with rusk crumbs. Mix rest of the crumbs with butter and sugar and press into bottom of tin. Bake for 5 minutes in 160° C oven. Allow to cool.

Cheese Filling:

200 ml sugar
750 g cream cheese
60 ml flour
¼ teaspoon salt
6 eggs, separated
250 ml thick cream
Juice and rind of 1 lemon

Mix egg yolks with all the ingredients, using only half the sugar, very well. Then beat egg whites until stiff with the rest of the sugar, and fold into cheese mixture. Pour into the crumbed tin and bake in 160° C oven for about 1½ hours. Cool in the pan. Before serving, remove sides of pan, leaving cake on base.

If desired, this cake can be glazed with fresh strawberry glaze, made as follows:

Strawberry Glaze:

125 ml crushed strawberries
80 ml sugar
60 ml water
1 tablesp. Maizena
1 teasp. butter
250 ml whole berries

Boil crushed fruit with sugar, water and Maizena for 2 minutes. Add butter and allow to cool. Place whole berries on cake and spoon the glaze over. Chill and unmould before serving.

GRAHAM CRACKER CAKE

125 ml shortening
250 ml sugar
½ teasp. vanilla
3 beaten egg yolks
60 ml sifted flour
1½ teasp. baking powder
¼ teasp. salt
24 graham crackers, crushed
200 ml milk
125 ml chopped walnuts
3 stiffly beaten egg whites

Stir shortening to soften. Gradually add sugar and cream together until light and fluffy. Add vanilla and egg yolks, beating until well mixed. Sift flour, baking powder and salt together. Add creamed mixture alternately with graham cracker crumbs and milk, a small amount at a time. Beat well after each addition until smooth. Add nuts. Fold in egg whites.

Bake in 2 paper-lined 200 mm layer tins in moderate oven (180° C) for 30-35 minutes. Put together with cream filling. Frost with brown sugar frosting, or top with bananas.

Recipe supplied by SYLVIA WEINBERG

CHOCOLATE CAKE (PARAVE)

250 ml sugar
300 ml flour
4 eggs
60 ml oil
60 ml cocoa dissolved in 125 ml boiling water
Pinch of salt
2 level teasp. baking powder

Sift sugar and flour together. Make a well in centre and add unbeaten egg yolks, one at a time. Add the oil and cocoa. Beat well. Add baking powder and STIR in gently. Fold in stiffly beaten egg whites.

Bake in fairly large tins at 190° C-200° C for 20-25 minutes.

Recipe supplied by THEODAS LEVY

DANISH STRAWBERRY CAKE

175 g butter
175 g castor sugar
2 eggs
175 g self-raising flour
2 level teasp. cinnamon
¼ teasp. nutmeg
¼ teasp. mixed spice

Cream butter and sugar. Beat in eggs, one at a time. Fold in sifted flour and spices. Divide mixture into 3 175 mm pans that have been greased. Bake for 20 minutes at 190° C. Sandwich rounds together with whipped cream and sliced strawberries. Garnish with cream and whole strawberries.

CRUMB AND WALNUT CAKE

250 g butter
250 ml sugar
4 eggs
2 teasp. vanilla
750 ml finely crushed sponge rusk crumbs
250 ml finely crushed walnuts
3 teasp. baking powder
250 ml milk

Beat together the butter, sugar, eggs and vanilla. Mix together the crumbs, nuts and baking powder, and add alternately with milk to butter mixture.

Place in 3 buttered 200 mm layer pans and bake in 180° C oven for 30-35 minutes. Turn out onto cake rack to cool. Layer together with whipped cream just before serving, or use any other filling desired. (Mocha frosting is very good).

MOCHA FROSTING

175 g Bournville chocolate
60 ml water
1 teasp. Nescafe
60 ml sugar
4 egg yolks
125 g butter (soft, but not liquid)

Using double boiler, beat together chocolate, water, Nescafé and sugar. Stir till smooth. Remove pot and beat in egg yolks, one at a time. Replace pot and cook for 5 minutes, stirring constantly. Remove pan from stove. When cool, (lukewarm) beat in the butter, a small piece at a time. Beat well and then use as filling for layer cakes.

STRUESEL CAKE

Cake Batter:

375 ml sugar
125 g butter
2 eggs
375 ml milk
750 ml flour
4 teaspoons baking powder

Cream sugar and butter, add eggs and milk. Add flour and baking powder.

Struesel Filling:

250 ml brown sugar
4 tablespoons flour
4 teaspoons cinnamon
60 g melted butter

Place half the batter in a greased pyrex dish (large size) and sprinkle half the filling on dough. Put the rest of the dough on filling and sprinkle with the remaining filling. Bake at 190° C for 40 minutes to 1 hour. This struesel cake is to be served in the dish in which it has been baked. Excellent served as a coffee cake.

RICH CHERRY CAKE

250 g butter
250 g sugar
5 eggs
450 ml flour
60 ml extra flour
1 teaspoon baking powder
375 g halved glacé cherries
90 g currants
90 g sultanas
90 g glacé pineapple (cut up)
90 g cut, mixed citrus peel
60 g blanched shredded almonds
Grated rind of 1 lemon
Grated rind of 1 orange
2 tablesp. rum or brandy

Beat butter until soft and creamy, gradually beating in sugar. Add eggs one at a time, beating well after each addition. Mix together all prepared fruits and nuts, stir into them 60 ml sifted flour to coat thoroughly. Sift remaining flour three times, fold into creamed mixture. Add fruits, nuts, grated rinds and rum; mix well, add baking powder. Turn into 200 mm cake tin. Bake in moderately slow oven for approximately 1½ hours.

Recipe supplied by FAY LEHMAN

RUM CREAM FOR CHOCOLATE CAKE

250 g butter
500 g icing sugar
150 ml cocoa
2 egg yolks
2 tablsp. rum

Beat butter, icing sugar and cocoa well together. Beat egg yolks till thick and lemon-coloured, add to butter mixture. Add rum and beat well.

Use for top and sides of 2 225 mm chocolate layer cakes.

PARAVA CHOCOLATE CAKE

250 ml plus 2 tablespoons flour
3 eggs
200 ml sugar
125 ml oil
60 ml cocoa
125 ml cold water
1 teaspoon cinnamon
3 teaspoons baking powder
Pinch salt

Mix oil, sugar and egg yolks well together. Beat in mixmaster. Add water, salt. Sift dry ingredients together and add to mixture. Beat egg whites stiffly and add to mixture. Bake in 2 layer pans at 220° C. Sandwich together with jam.

CHOCOLATE FUDGE CAKE

Mix 200 ml cocoa with 200 ml brown sugar, bring to the boil 375 ml milk and add the cocoa-sugar mixture, stir till dissolved, cool.

Sift together 500 ml flour with 1 rounded teaspoon baking powder and ¾ teaspoon bicarb.

Cream 150 g butter with 250 ml sugar then add 3 eggs — one at a time — and then flour alternately with cooled cocoa mixture finishing with flour. Bake in 2 sandwich tins for approximately 30 minutes in 180° C oven.

RUM BABA

250 g flour
90 g butter
1½ cakes yeast
2 eggs
1 tablespoon castor sugar
4 tablespoons warm milk
375 g sugar
½ drinking glass rum
Vanilla essence

Place in bowl a quarter of the flour, the milk and the yeast. Mix together. Add remainder of flour, eggs, sugar, pinch of salt and melted butter. Allow to stand 10 minutes before mixing. Beat mixture for 10 minutes. Pour into a buttered tin with a hole in the centre. Allow to rise in a warm place. Bake in 200° C oven for approximately 20 minutes. Test, and when dry, turn out into a serving dish which has raised sides. Pour the following syrup over immediately:

Syrup:

600 ml water
375 g sugar
½ glass rum
Vanilla essence

Boil this mixture until it is reduced to almost half the original quantity.

Serve rum baba with the centre filled with whipped cream.

CHOCOLATE VERMICILLI CAKE

125 g butter
375 ml sugar
250 g flour
3 eggs
2 heaped teaspoons baking powder
250 ml milk
250 ml chocolate vermicilli
Rind of 1 orange

Beat butter and sugar, add eggs, and beat well till light and creamy. Add the flour alternately with the milk, bit by bit, till all mixed. Add the grated orange rind, vermicilli and baking powder. Bake for 1 hour at 190° C.

GOLDEN DELIGHT CAKE

This is an ideal cake to make when you have a lot of egg yolks left over after making meringues.

300 g flour
4 teasp. baking powder
300 ml sugar
1 teasp. salt
125 g melted butter
200 ml milk
1 teasp. lemon essence
½ teasp. vanilla
125 ml milk
5 egg yolks

Mix flour, baking powder, sugar and salt. Add melted butter, then pour over 200 ml milk. Add essences and heat well. Add remaining 125 ml milk and slightly beaten egg yolks and beat well for 2 minutes.

Turn mixture into 2 225 mm greased and floured tins and bake at 180° C for 30-35 minutes.

Frosting:

90 g butter
400 g icing sugar (approximately)
3 tablsp. cream
½ teasp. vanilla
½ teasp. lemon essence

Blend all ingredients together. Put cake together and coat with icing. Sprinkle with coconut.

Recipe supplied by PAT JACOBSON

DARK FRUIT CAKE

375 g butter
375 g brown sugar
6 large eggs
375 g seedless raisins
375 g saltanas
375 g currants
250 g sliced glacé cherries
2 slices finely chopped glacé pineapple
250 ml chopped peel
60 ml finely chopped almonds
1 tablespoon caramel colouring
375 g flour
250 ml brandy
¼ tablespoon salt
Grated rind of ½ lemon
1½ teaspoons mixed spice
2 teaspoons baking powder

Clean and prepare all fruits and mix in a bowl. Pour the brandy over and let stand overnight. Cream butter in a large bowl, adding sugar gradually. Beat well, add eggs one at a time, beating well after each addition. Add caramel colouring and lemon rind. Add prepared fruits and mix thoroughly. Stir in flour, sifted with dry ingredients, and mix well stirring from the bottom of the bowl, till everything is well blended. Bake in a greased and lined 225 mm cake tin for 3 hours at 150° C.

SINGING KETTLE SPONGE

3 eggs
¼ teaspoon cream of tartar
250 ml sugar
80 ml orange or pineapple juice
300 ml flour
1½ teaspoons baking powder

Beat egg whites with cream of tartar until stiff. Add yolks separately. Add sugar gradually, beating all the time. Add juice, then fold in sifted flour and baking powder. Bake at 160° C in layer tins for 20 minutes, or in slab tin for 30 minutes. Decorate with whipped cream and well-drained canned or cooked pineapple pieces, cherries and ginger.

MARBLE CAKE WITH COCONUT TOPPING

125 g butter
375 ml sugar
3 eggs, separated
375 ml flour
125 ml maizena
2 heaped teaspoons baking powder
80 ml milk
80 ml water
Vanilla
Cocoa

Cream butter and sugar, add egg yolks and beat well. Sift all dry ingredients together and add alternately with mixed milk and water. Add vanilla and lastly fold in stiffly beaten egg whites. Pour mixture into well buttered and floured tin, leaving a little mixture in dish. To this add 1 tablespoon cocoa, and spoon into tin. Bake at 180° C for 45-50 minutes.

Topping:

Melt 4 tablespoons butter, add 5 tablespoons brown sugar, 2 tablespoons milk and 250 ml shredded coconut. Spread this mixture on top of hot cake when baked and brown under grill for about 3 minutes.

FLAN CAKE

Cream 125 g butter with 5 tablespoons castor sugar. Add: 2 eggs, 1 tablespoon vanilla, 8 tablespoons flour (rounded), 3 teaspoons baking powder, 4 tablespoons milk.

Grease and flour flan pan, fill half full. Bake in 180° C for ¼ hour or little longer. Invert. Cool.

Fill with desired fruit, e.g. strawberries, grated pineapple, cherries, or any other berries, then decorate with whipped cream. This batter makes a good cookie, so use the balance of the batter for same.

PINEAPPLE AND COCONUT CAKE

250 ml pineapple pieces
625 ml flour
3 teaspoons baking powder
½ teaspoon salt
125 ml butter
250 ml sugar
4 eggs (whites and yolks separate
1 teaspoon vanilla essence
250 ml dessicated coconut

Chop pineapple pieces very small and place loosely in measuring cup to come to 250 ml level. Pour in syrup to fill in between the pieces — do not come above the 250 ml measure mark.

Sift together flour, baking powder and salt. Cream butter, add sugar very gradually, creaming well together. Beat egg yolks and add to creamed mixture, beating until light and fluffy. Add the prepared cup of pineapple and juice and vanilla essence. Add the sifted dry ingredients gradually beating well after each addition. Stir in the coconut. Beat egg whites till stiff but not dry and fold into mixture. Turn into well greased 225 mm tin and bake in 190° C oven for 35-45 minutes. Cool cake in tin for 45 minutes before removing from tin onto cooler.

CHOCOLATE CHEESE CAKE

Crumb Crust.

Mix together 500 ml finely crushed chocolate biscuit crumbs, 125 g melted butter and 1 level teaspoon cinnamon. Line the base and sides of a 225 mm diameter springform tin 75 mm deep and place in fridge for 1 hour.

Filling:

750 g cream cheese
300 ml sour cream
200 ml sugar
2 level tablespoons cocoa (sifted)
1 teaspoon vanilla essence
250 g Bournville chocolate (melted)
60 g melted butter
3 eggs

Place cheese and cream in bowl of electric mixer and blend well. Add eggs and sugar and beat well. Mix in the melted chocolate, vanilla, cocca and lastly the melted butter. Beat all well together till all the ingredients are evenly distributed. Pour this into the chilled crumb shell and bake at 180° C for 45 minutes.

Allow cake to cool in tin and then chill in the fridge for a few hours. Push out gently, leaving cake on base of tin for serving. Place the cake on its base on a flat serving platter and, if desired, it can be decorated with piped whipped cream roses round the base and top of crust.

When cake comes out of oven, it my appear to be rather unset — this will set in fridge.

LOAF CAKES

Plain:

175 g butter
2 eggs
1 teaspoon baking powder
Pinch of salt
175 g sugar
225 g flour
2 tablespoons cornflour
3 tablespoons milk

Cream butter and sugar till light and then add eggs one at a time. Sift dry ingredients; add alternately with milk to first mixture. Put in greased and paper-lined loaf tin. Bake in moderate oven for 1¼ hours.

CHERRY LOAF — Add 175 g glacé cherries.

DATE AND WALNUT LOAF — Add 125 g dates, 125 g walnuts (chopped).

HARLEQUIN LOAF — Divide mixture into 4 or 6 lots, colour and flavour (each a different colour) then add together in tin.

BANANA BREAD

125 ml shortening
2 eggs
250 ml mashed bananas
½ teaspoon salt
250 ml nut meats chopped
250 ml sugar
1 teaspoon lemon juice
3 teaspoons baking powder
500 ml sifted flour

Cream shortening and sugar. Beat eggs until light and add. Press bananas through a sieve and add lemon juice. Blend with creamed mixture. Sift flour, baking powder and salt together and mix quickly into banana mixture. Add nuts. Bake in a greased loaf pan in moderate oven (190° C) for about 1¼ hours. (Makes 500 g loaf).

DATE LOAF

First Mixture:

125 g butter
500 g dates
250 ml sugar
250 ml boiling water
1 teaspoon bicarb.

Second Mixture:

1 teaspoon baking powder
1 teaspoon vanilla essence
1 teaspoon almond essence
1 teaspoon ground ginger
500 ml flour

Mix ingredients of first mixture. Add ingredients of second mixture after sifting the dry ingredients first.

Bake in a 500 g loaf pan for 1 hour at 160° C.

BASIC SWISS ROLL

3 eggs
375 ml sugar
6 tablespoons cold water
500 ml flour
2 teaspoons baking powder
Pinch salt

Beat yolks well then add sugar and water. Add stiffly beaten whites alternately with the sifted dry ingredients. Line swiss roll tin with greased paper and bake in 190° C oven for 10 minutes.

Turn out onto a damp towel, sprinkle with sugar, and spread with jam and roll up. For a novel way of serving swiss roll, spread one half with jam and one half with lemon-curd and roll up so that one half is jam and one half lemon-flavoured — you now have the choice of a different flavour from each end.

BUTTER CAKE

125 g butter
300 ml castor sugar
3 eggs
275 g flour
3 teaspoons baking powder
½ teaspoon salt
200 ml milk
1 teaspoon vanilla essence or other flavouring

Cream together butter and sugar, add the three whole eggs one at a time, beating well after each addition. Sift together three times the flour, baking powder and salt, and add alternately with the milk and vanilla, to the butter-egg mixture. Bake in 200 mm layer tins, in a 160-180° C oven for 30 minutes.

Can be varied by using 500 ml flour and 60 ml cocoa to make chocolate cake.

WHITE FRUIT CAKE

Cream 300 g butter with 300 g castor sugar. Add 4 eggs, one at a time. Sift 425 g flour with 1½ teaspoons baking powder and ½ teaspoon salt. Add to the butter and sugar mixture. Add the juice of 1 orange and 1 tablespoon brandy. Now add 625 g mixed fruits and 250 g cherries. The fruit must be washed, dried and floured very slightly.

Grease cake tin and line with greaseproof paper. Bake cake for 2 hours at 140° C. In winter the temperature may be increased to 150° C.

This fruit cake may be iced with lemon icing and decorated with blanched almonds and cherries.

PINEAPPLE AND CHERRY CAKE

250 g flour
½ teaspoon baking powder
Pinch salt
250 g butter
175 g castor sugar
3 eggs
¼ teaspoon almond essence
175 g glacé pineapple
125 g glacé cherries
60 g mixed peel (or glacé ginger)

Prepare fruit by cutting cherries in half; divide pineapple into small cubes; chop peel finely (or ginger). Remove any excess sugar from the glacé fruits.

Sift flour, salt and baking powder. Beat butter and sugar very well till light and creamy. Add eggs one at a time, beating till fluffy. Gradually add flour stirring lightly. Stir in fruits gently.

Prepare 200 mm cake tin by greasing and lining with three thicknesses of greaseproof paper.

When all the batter has been placed in the prepared tin, hollow the centre considerably to ensure a flat surfaced cake. Heat oven 90° C and as soon as cake has been placed in oven, reduce the heat to 150° C and bake for 2 to 2½ hours. Allow to cool before removing cake from tin Ice if desired. This cake may also be baked in a large loaf pan.

CHEESE CAKE

Pastry:

300 ml flour
1 tablesp. sugar
1 teasp. baking powder
Pinch of salt
1 egg
125 g butter

Sift dry ingredients together, rub in butter with tips of fingers until fine, bind with egg.

Filling:

1,25 kg cream cheese
5 eggs plus two egg yolks
450 ml sugar
3 tablesp. flour
¼ teasp. vanilla
1½ teasp. lemon rind
1½ teasp. orange rind
60 ml heavy cream

Preheat oven to 260° C. Line base of cake tin with pastry and bake for 10 minutes. Then line sides of tin with pastry, add filling and bake together for 10 minutes at 260° C, then turn oven down to 100° C and bake for 1 hour and 20 minutes longer.

Method for Filling:

Combine cheese, sugar, flour, lemon and orange rind and vanilla. Beat at high speed, just to blend. Beat eggs and yolks one at a time. Add cream, beating until well combined

Recipe supplied by RAY MARKMAN

APPLE STRUDEL

Strudel Pastry:

250 g flour (a little more may be needed)
Pinch salt
1 egg, beaten
150 ml tepid water
½ teaspoon vinegar
2 teaspoons butter or oil

Strudel Filling:

About 2 kg Granny Smith apples (10-12)
10 tablespoons sugar
250 ml roughly chopped almonds
1 grated rind of lemon
375 ml sultanas plumped in brandy
125 ml melted butter
6 tablespoons crushed Post Toasties
1 teaspoon cinnamon

Mix the Strudel pastry by beating the egg with the melted butter or oil, vinegar and tepid water. Put the flour sifted with salt in a bowl and mix quickly with the liquid to make a soft dough. Beat on a floured board until thoroughly elastic. Leave covered by a warmed bowl for about 20 minutes. Meanwhile slice the apples thinly. Mix the sugar with the cinnamon. Sprinkle apples with lemon rind, well drained sultanas, nuts and sugar.

Roll out Strudel dough, transfer onto a floured cloth and pull the dough over the hands until it is thin as paper. Brush the dough with the melted butter, sprinkle over it the crushed Post Toasties. Remove any of the thickened pieces of pastry from the edges. Spread filling over pastry. Roll up by lifting the cloth and allowing pastry to roll over and over into a long roll. Slide onto a greased baking sheet and form into a horseshoe. Brush with melted butter and bake in a moderate oven for about 45 minutes. Brush with melted butter whilst the Strudel is baking until it is nicely browned. Sprinkle with icing sugar. Strudel may be served warm with thick cream, or on a board cut on the slant in thick slices.

APPLE CAKE

60 ml butter
80 ml sugar
500 ml flour
2 well beaten eggs
2 teaspoons baking powder
80 ml milk
Pinch salt

Cream butter and sugar, add egg — beat well. Add sifted dry ingredients alternately with milk. Pour into a greased and floured tin. Level mixture, arrange slices of apples on top of batter and sprinkle with 125 ml sugar and 2 teaspoons cinnamon. Dot with 2 teaspoons butter and bake in a moderate oven for about 35 minutes. May be baked in a large square tin or a round pie dish — 250 mm.

14 CARAT CAKE

500 ml flour
2 very heaped teaspoons baking powder
1½ teasp. bicarb
1 teasp. salt
2 teasp. cinnamon
500 ml sugar
375 ml oil
4 eggs
500 ml raw grated carrot
250 g tin crushed drained pineapple
125 ml nuts
1 teaspoon ground ginger

Sift flour, baking powder, bicarb, salt, cinnamon and ginger. Add sugar, oil, eggs and mix well. Stir in carrots, pine and nuts. Bake in two 225 mm pans at 180° C for 35-45 minutes.

Icing (optional)

Cream 250 g cream cheese and 125 ml butter. Add 500 g icing sugar, 1 teaspoon vanilla and 250 ml nuts. Soften to desired consistency with pine juice.

Make and ice 24 hours before serving to develop flavour. Freezes well. (Note: This is a very moist cake).

Recipe supplied by SELMA LEWKOWSKY
Pretoria

PISTACHIO CAKE

Prepare 225 mm round layer pans (2).

Chop coarsely and set aside
125 ml (approx. 60 g) Pistachio nuts

Sift together and set aside
350 g sifted cake flour
2½ teasp. baking powder
¾ teasp. salt

Cream together
250 g butter
¼ teasp. vanilla essence
¼ teasp. almond essence

Add gradually
500 ml sugar

Add slowly
4 well beaten eggs

Measure
250 ml milk

Beating only until smooth after each addition, alternately add milk and flour mixture. Blend in chopped nuts.

Bake at 180° C for 35-40 minutes.

Cool, remove from pans and ice and decorate with extra pistachio nuts.

Recipe supplied by PAT JACOBSON

GINGERBREAD WITH BAKED TOPPING

300 g flour
125 ml shortening
125 ml sugar
250 ml golden syrup
250 ml boiling water or hot coffee
2 eggs
Salt
1 teaspoon cinnamon
1 teaspoon ginger
¼ teaspoon cloves
2 teaspoons bicarb.

Sift flour with dry ingredients. Combine shortening, sugar, syrup in bowl and beat well. Add bicarb. dissolved in hot water or the coffee, add well beaten eggs, flour and spices. Turn into a greased pan 175 x 275 mm and bake at 180° C for about 35 minutes. Remove from oven and spread the following topping on:

Mix together 125 ml brown sugar, 2 tablespoonsful flour, 80 ml butter and 125 ml chopped nuts. Return to oven and bake for 10 minutes longer.

MAHOGANY CHOCOLATE CAKE

3 eggs
125 ml cocoa
125 g butter
375 ml sugar
80 ml milk
1 teaspoon vanilla
500 ml flour
¼ teaspoon salt
3 teaspoons baking powder
150 ml milk (in addition to above milk)

Cream butter and sugar very well. Add the eggs, one at a time and beat well till light and creamy. Mix the cocoa with ⅓ cup milk and add to egg mixture with the vanilla. Slowly add the flour sifted with baking powder and salt, alternately with the other 150 ml of milk.

Bake in two 225 mm layer tins, greased and lightly floured, for 35 minutes, in 190° C oven.

When cool, put together with chocolate icing to which 1 tablespoon of Nescafé (dry) has been added.

FEATHERLIGHT CHOCOLATE CHIFFON CAKE

250 ml flour
250 ml castor sugar
2 tablespoons cocoa
2 teaspoons baking powder
125 ml oil
125 ml boiling water

Combine above ingredients in order given. Separate 4 eggs Add beaten yolks together with 1 teaspoon vanilla to chocolate mixture. Beat egg whites stiffly together with 1 extra teaspoon of baking powder and fold into chocolate mixture.

Bake in ungreased chiffon tin (tube pan) for 20 to 30 minutes at 180° C. Invert tin and allow cake to fall from tin when cold. Ice as desired with a light fluffy icing.

Singing Kettle

COFFEE SPICE CAKE

250 ml butter
500 ml castor sugar
4 eggs
125 ml chopped almonds
3 tablespoons cocoa
250 g flour
2 teaspoons mixed spice
3 teaspoons baking powder
250 ml strong, cold coffee

Beat sugar and butter to a cream; add beaten egg yolks and cocoa moistened with a little of the coffee. Sift half of the flour with baking powder, spice and add to mixture alternately with the coffee. Fold in the beaten egg white; add rest of flour and nuts. Bake in a medium oven (180° C) until cooked. Put date filling between layers (makes four 225 mm layers), cover with coffee icing.

Date Filling:

Boil 250 ml dates (cut up), 125 ml water or coffee, 4 teaspoons sugar and a few nuts, until it is a smooth paste. Take from fire, add juice of ½ lemon and place between layers of cake.

Coffee Icing:

Mix 3 tablespoons cocoa, 3 tablespoons strong coffee until smooth; add ½ teaspoon vanilla and enough icing sugar to spread over cake.

BOILED FRUIT CAKE

Boil together:

750 g mixed fruit
125 g cherries
125 g glacé ginger and mixed peel (mixed)
125 ml water
250 ml sugar
175 g butter

Allow these ingredients to boil slowly for about 5 minutes. Allow to cool properly — this may be done the night before and left till morning. Beat 2 eggs and add to boiled fruit mixture.

Sift together:

500 ml flour
Pinch salt
1 teaspoon bicarb.
½ teaspoon ginger
½ teaspoon cinnamon

Add to fruit mixture with ¾ wineglass of brandy. Bake in 225 mm cake tin, greased, for 1 hour at 180° C and then for ¾ hour at 150° C. Turn off heat, open oven door and pour another ¾ wineglass brandy over cake and leave in oven with heat switched off for 20-30 minutes. Remove from tin when cool.

If a higher, smaller cake is preferred, then use a 200 mm cake tin instead of a 225 mm one.

APRICOT TORTE

Cake:

6 eggs separated. Beat yolks with 125 ml castor sugar until light. Beat whites with 125 ml castor sugar until you have a meringue. Add to yolk mixture 1 teaspoon vanilla essence. Sift 250 ml flour with 1 teaspoon baking powder and pinch salt. Fold egg mixture into meringue mixture and then add flour together with 80 ml grated Bournville chocolate and 200 ml grated walnuts. Bake for ¾ to 1 hour at 160° C in two 250 mm pans or in one large tin and then split for filling.

Filling:

1 1 kg tin apricots
2 tablespoons custard powder
2 tablespoons sugar
60 ml cold water
2 teaspoons gelatine
1 level tablespoon castor sugar
1 teaspoon vanilla
900 ml cream, whipped

Drain liquid from can of apricots. Put aside 6 halves for garnishing and pulp the rest. Add sugar to liquid and heat to boiling point. Thicken with 2 tablespoons custard powder and stir until thick and clear. Add pulp and softened gelatine. Cool and fold in 500 ml whipped cream. Place filling between layers and on top of torte. Chill before serving. Flavour remainder of cream with sugar and vanilla and use to decorate sides and top of torte, using the apricot halves to garnish. Angelica and walnuts may also be incorporated in finish.

Most attractive when apricot halves are arranged in centre of torte and then cream used to cover the rest. Sprinkle chopped angelica and cherries around the apricots to the edge of top of cake and with fork mark the cream around sides of cake in ridges. Place on large serving platter before garnishing.

BLITZ TORTE

250 ml flour
1 teaspoon baking powder
Pinch salt.
125 ml butter
300 ml sugar
1 teaspoon vanilla essence
4 eggs, separated
3 tablespoons milk
125 ml blanched chopped almonds
1 tablespoon sugar
½ teaspoon cinnamon

Sift flour, salt and baking powder. Cream butter with 125 ml sugar till light and fluffy. Add beaten egg yolks, vanilla, milk and sifted flour. Spread mixture in two greased loose-bottom pans — 225 mm. Beat egg whites till stiff, add remaining sugar from the original 300 ml and beat until egg whites hold peaks. Spread over unbaked cake mixture in pans, sprinkle with almonds, 1 tablespoon sugar and cinnamon, and bake in moderate oven for about 30 minutes. Oven temperature to be 180° C. Cool, spread whipped cream between layers and serve.

BANANA LOAF

450 ml flour
2 teaspoons baking powder
¼ teaspoon bicarb.
½ teaspoon salt
80 ml soft butter
150 ml sugar
2 eggs
250 ml mashed ripe bananas
125 ml chopped walnuts

Sift flour, baking powder, bicarb. and salt together. Cream butter and sugar, add eggs one at a time and beat till light and fluffy. Mix in flour mixture alternately with the mashed bananas and chopped nuts. Blend well together.

Bake in loaf pan — 225 x 125 mm — which has been greased. Temperature of oven to be 180° C. Baking time is approximately 1 hour.

APRICOT FILLING

2 whites of eggs
2 teaspoons sugar
2 tablespoons apricot jam
Drop of vanilla

Beat until stiff and spread between cakes.

MOCK CREAM

2 tablespoons butter
2 heaped tablespoons icing sugar

Cream above and add 1 tablespoon boiling water. Beat with egg beater. Add 1 tablespoon ice-cold milk, a few drops of vanilla essence and beat again. This makes a delightful filling for a sponge cake, and has the advantage of not going sour.

EASY DELICIOUS FRUIT CAKE

500 g cake fruit mix
250 ml water
250 ml sugar
125 g butter
2 beaten eggs
1 wine glass brandy
250 g sifted flour
1 teasp. bicarb.
1 teasp. mixed spice

Boil together the fruit, water, sugar and butter for 5 minutes and allow to cool. Add eggs and brandy, first adding a little of the hot mixture to the eggs before pouring eggs into the fruit mixture. Sift dry ingredients and add to mixture. Bake at 150° C for 1½ hours. Switch oven off, open door and leave for 10 minutes.

Recipe supplied by PAT JACOBSON

MOCHA ICING

150 ml butter
Yolk of 1 egg
1 teaspoon vanilla
325 g icing sugar
Coffee extract

Rub butter to a cream; add beaten yolk of egg and gradually the sugar, vanilla and enough coffee extract to give the desired flavour.

DOBOSH TORTE

Cake layers:

3 eggs
60 g flour
60 g icing sugar

Filling:

2 eggs
9 tablespoons milk
250 g butter
125 g cocoa
300 g castor sugar

Beat egg whites till stiff. Add icing sugar and continue beating. Add egg yolks, beating all the time. Sprinkle in the flour and fold in gently. Grease and flour a 225 mm cake tin with a loose bottom and pour a little cake mixture in, spreading it thinly all over. Use very little as the layers must be biscuit thin. Bake in a hot oven till pale yellow — about 5 minutes. Remove from tin while still hot — with a spatula — and put aside while other layers are baked. Grease and flour tin for each layer. There should be 5 or 6 layers.

Filling:

Beat milk in saucepan, add cocoa when hot, and mix to a smooth paste. If too dry, add a little extra milk. Beat eggs, mix with sugar and add to cocoa paste. Add the butter in small pieces, beating all the time, till light and creamy.

To assemble: Place one layer of cake on a serving platter, spread generously with the cocoa filling and cover with another cake layer. Repeat this, but do not cover the last cocoa layer with the last layer of cake, as this cake layer will have a caramel covering and this must be put on when it has been done.

For caramel covering: Melt 90 g castor sugar in a pan and let it turn into a brown runny caramel. Pour over layer which has been reserved for top and spread evenly with a buttered knife. Before it cools, mark it into sections for cutting, with a buttered knife. This makes it easier for serving.

Place this layer on top of cake when it is cool and with any cocoa filling which is left over finish off sides of cake. If there is not sufficient for this, just trim sides of cake neatly and serve as is.

LEMON CHIFFON CAKE

Set out a 250 mm tubed tin

6 egg whites
6 egg yolks
550 ml sifted cake flour
250 ml sugar
1 tablesp. baking powder
1 teasp. salt
125 ml salad oil
200 ml water
1 tablesp. lemon juice
1 teasp. grated lemon rind
½ teasp. cream of tartar
125 ml sugar

Sift together the flour, 250 ml sugar, baking powder and salt. Make a well in centre of dry ingredients and add salad oil, then in order, the 6 egg yolks, water, lemon juice and rind. Beat until smooth and set aside. Beat egg whites until frothy, then beat in cream of tartar and add gradually the 125 ml sugar, beating well after each addition. Beat until rounded peaks are formed. Slowly pour first mixture over entire surface or meringue. Gently fold together until just blended — do not stir. Pour batter into pan and bake at 160° C for 55 minutes, then at 180° C for 10 to 15 minutes or until cake surface springs back when lightly touched. Immediately invert pan, cool and remove by gently easing out with a spatula. Frost with Lemon Frosting over entire cake and decorate.

Lemon Frosting:

125 g butter
2 teasp. grated lemon rind
500 g icing sugar
3 tablesp. lemon juice

Cream butter and lemon rind until butter is softened. Add icing sugar gradually, stirring well after each addition. Blend in the lemon juice.

Recipe supplied by PAT JACOBSON

BUTTER CREAM CAKE FILLING

125 g butter
3 tablespoons boiling water
1 teaspoon vanilla essence
1½ tablespoons sugar
1 teaspoon gelatine

Cream butter and sugar well. Dissolve gelatine in boiling water. Add sugar and butter. Beat all together for about 10 minutes.

7-MINUTE NUT AND HONEY ICING

2 egg whites
250 ml chopped nuts
200 ml honey

Beat egg whites and honey well, place over dish of hot water. Beat for 7 minutes, when retains shape, add nuts.

FRUIT CAKE

250 ml each currants, sultanas and raisins
125 ml each dates, mixed peel, cherries and chopped nuts
250 ml sugar
125 ml butter
250 g flour
2 eggs
1 wineglass brandy
1 teaspoon bicarb.
1 teaspoon baking powder
200 ml water

Melt butter in sauce pan and add to it the well washed fruits (except the cherries and nuts). Add sugar and bicarb. mixed with the water. Boil this mixture for 20 minutes and remove from stove. Let stand overnight in a bowl. Next day add the cherries, nuts and brandy. Fold flour and salt into mixture. Beat eggs well and add. Lastly add baking powder.

Line a greased cake tin with two layers of greased paper and put cake mixture into it. Cover with another piece of greased paper and bake in cool oven (160° C for 1½ to 2 hours. Let cool in tin before turning out.

MADEIRA CAKE

250 g butter
250 g sugar
4 eggs
250 g flour
1 tablespoon brandy
1 tablespoon lemon juice
1 teaspoon grated lemon rind
2 level teaspoons baking powder

Cream together butter and sugar till light. Add eggs, one at a time, adding a little flour from the 250 g with each egg (about a heaped teaspoonful). Gradually add rest of flour with baking powder. Add brandy, lemon juice and lemon rind. Beat well. Bake in slow oven (about 160° C) for ¾ to 1 hour.

NOUGAT GATEAU FILLING

Cream together 250 g butter and 2 tablespoons castor sugar. Add very slowly 1 tin condensed milk. Add 1¼ tablespoons lemon juice, ½ teaspoon vanilla essence, ¼ teaspoon almond essence, 60 g cherries, 90 g walnuts, 90 g preserved ginger.

Soak 1 tablespoon gelatine in 125 ml of cold water and melt over low heat. Add to condensed milk mixture.

Make two-layer hot milk sponge and cut each layer in half. Sandwich together with above mixture, sprinkling layers of cake lightly with kirsh. It is best to build cake up in springform cake pan the size of the layers and to allow cake to set before releasing and placing on a platter to garnish and decorate with fresh cream and cherries, etc.

STRAWBERRY SHORTCAKE

200 ml castor sugar
3 eggs
250 ml flour
1 heaped teaspoon butter
125 ml boiling water
1 heaped teaspoon baking powder
Pinch salt
1 teaspoon vanilla essence

Beat sugar and eggs to a thick cream. Fold in flour with a metal spoon then the butter which has been melted in the boiling water. Add vanilla and lastly the baking powder. Fold all together. Bake in 200° C oven for 10 to 15 minutes, in two 225 mm tins.

Wash and hull 500 g fresh strawberries and sprinkle with castor sugar. Place one cake on a serving platter, sprinkle slightly with Kirsch liqueur and spread with whipped cream. Place a layer of strawberies on this and cover with the second cake. Sprinkle this also with Kirsch and a layer of whipped cream, peaked up with a knife, and garnish with the rest of the strawberries.

ORANGE FRUIT CAKE

300 g sifted cake flour
1 teaspoon baking powder
½ teaspoon salt
250 ml pitted dates
250 ml chopped walnuts
250 ml butter or margarine
250 ml sugar
2 eggs
1 teaspoon baking soda
250 ml buttermilk or sour milk
1 teaspoon vanilla essence
Grated rind of 2 oranges
Juice of 2 oranges
250 ml sugar

Grease a 250 mm tube pan and set oven at 130° C. Sift flour, baking powder and salt together. Chop dates and walnuts fine — measure correct amount and stir together with several tablespoons of the sifted flour mixture. Gradually work soft butter or margarine into the sugar till smooth and creamy. Add eggs one at a time and beat well after each addition. Stir baking soda into buttermilk or sour milk and mix into butter mixture alternately with flour mixture. Add vanilla, dates and nuts and orange rind and mix well. Pour into cake pan and bake for 1 hour 20 minutes, or until cake tester comes clean. Meanwhile boil orange juice and sugar together for 5 minutes. As soon as cake is removed from oven — but still in pan — pour hot syrup over hot cake. Cool completely before removing from pan.

This cake keeps for 2-3 weeks if wrapped well in foil and stored in fridge. Also freezes well. Delicious cut in thin slices and served plain. Ultradelicious if served with a blob of whipped cream on each slice.

NAPOLEON CAKE

500 g flour
250 ml sugar
375 g butter
3 egg yolks

Mix together till it forms dough. Divide into two equal parts and pat into 2 swiss roll tins (about 400 mm size). Mark dough in three parts. Bake in slow oven (160° C) for about 20 minutes till creamy colour. When cool, re-mark again and invert cooler on tin and turn over to remove cake portions (six in all).

Custard Filling:

600 ml milk
3 tablespoons custard powder
250 ml sugar
Little rum

Make a custard of above ingredients and when cool, add 3 stiffly beaten egg whites. Put cake together with layers of custard. Cover outside as well and sprinkle with crushed Marie biscuit crumbs. Each layer may first be spread with raspberry jam before spreading with custard.

ALMOND FRUIT CAKE

750 g blanched almonds, sliced across the length
125 g glacé pineapples, sliced in strips
125 g glacé cherries, halved
250 g sultanas
300 g sifted flour
6 eggs
350 g butter
500 ml sugar
200 ml milk
60 ml brandy
1 teaspoon almond essence
1 teaspoon cream of tartar

Take 125 ml of the flour and mix with the fruits and almonds in a bowl.

Separate eggs and beat whites with cream of tartar till stiff but not dry.

Cream butter till soft, adding sugar gradually till mixture is light and fluffy. Beat egg yolks with a fork and add to butter mixture. Beat well. Combine the milk with the brandy and almond essence and add to the butter mixture alternately with the sifted flour. Add this batter to the fruit and nuts and mix well with a wooden spoon till well stirred. Add the egg whites and stir well.

Grease and flour a 250 mm tube pan and fill with cake mixture. Bake at 140° C for 3¼ hours. This makes one very large cake.

For two smaller cakes, use two 225 x 125 mm loaf pans and bake for 2¼ hours.

Leave cakes in tin for at least ½ hour before turning onto wire rack to cool properly.

FRENCH ALMOND CAKE

250 g flour
125 g butter
60 g castor sugar
1 egg yolk
1 teaspoon baking powder
Smooth apricot jam

Icing:

1 egg white
90 g icing sugar
90 g blanched and shredded almonds

Sift flour, baking powder and sugar. Rub in butter. Find mixture with egg yolk. Knead into a smooth dough. Roll into a long strip 6 mm thick. Cut to an even shape with straight edges and then with fingers, mould the edges to form a fence all the way round. The shape must be that of a long tray about 125 mm wide. Prick all over and lift onto a greased and papered baking sheet. Spread centre with smooth apricot jam.

Beat egg white till frothy and stir in the icing sugar to make a thick sauce. Spread the icing over the jam and sprinkle with almonds. Bake in a slow oven — 180° C — till golden brown. When cool, transfer to a tray or cut in slices.

STREUSIL TOPPING FOR COFFEE CAKE

80 ml butter
60 ml cinnamon sugar
1 teasp. vanilla
250 ml chopped walnuts
375 ml flour

Cream butter and cinnamon sugar. Add nuts and vanilla. Stir in flour gradually till crumbly. Sprinkle on cake before baking.

MOCHA CAKE

4 eggs, separated
1 tablesp. coffee essence
250 ml castor sugar
250 ml sifted flour
1 teasp. baking powder.

Beat egg yolks and add coffee essence and sugar, beat well. Add sifted flour and baking powder. Whip egg whites and add to mixture. Bake at 190° C for 10-15 minutes in 2 tins.

Filling:

300 ml whipped cream
1 dessertsp. coffee essence
5 tablesp. icing sugar (approx.)

Whip all ingredients together. Put between layers and on top of cake and then sprinkle with nuts.

Recipe supplied by PAT JACOBSON

ALMOND AND APPLE CAKE

450 g butter
250 ml icing sugar
2 eggs
Grated rind of 1 lemon or 1 orange
250 g sifted flour
2 teasp. baking powder
80 ml milk
3 apples, peeled, cored and thinly sliced
80 ml sugar
60 ml blanched, chopped almonds

Beat butter and sifted icing sugar together until light and fluffy. Beat in eggs, one at a time, beating well after each addition. Stir in rinds of lemon or orange. Sift flour and baking powder and add to butter mixture alternately with the milk. Mix well. Pour batter into 200 x 200 mm tin. Arrange sliced apple on top. Combine sugar and almonds and sprinkle over apples. Bake in moderate oven for 1-1¼ hours.

This can be served as a cake or with whipped cream as a dessert.

Recipe supplied by THEODAS LEVY

FILLINGS FOR HOT MILK SPONGES

Brandy Cream Filling:

600 ml thick cream
2 tablesp. castor sugar
½ teasp. gelatine
2 tablesp. brandy

Mix gelatine with brandy and stir into whipped cream and sugar. Blend together and use as filling and frosting for sponge cake. If desired, sprinkle a little brandy onto cake before frosting.

Chantilly Filling:

1 egg white
60 ml icing sugar
125 ml thick cream
1 teasp. almond essence

Beat egg white till it holds a peak. Add icing sugar gradually. Whip cream till stiff, and almond essence and fold into egg whites. Use as filling for cake or in eclairs. Also good in meringues.

Walnut Filling:

300 ml thick cream
½ teasp. orange flower water
1 tablesp. icing sugar
60 ml chopped walnuts
3 tablesp. chopped glacé cherries

Whip cream till stiff. Add icing sugar and flavouring. Whip up again, then fold in nuts and cherries. Use between layer cakes or as filling for meringues.

CARAMEL WALNUT CAKE

Caramel:

80 ml butter
125 ml tightly packed brown sugar
1 tablespoon light corn syrup
250 ml walnuts

Melt butter, add sugar, bring to boil. Add syrup. Allow to boil for a minute or two. Pour into a greased 225 mm square tin. Add 250 ml walnuts. Put to one side while you mix the following batter:

Batter:

125 ml butter
250 ml sugar
2 eggs
1 teaspoon lemon extract
125 ml rich milk
250 ml flour
125 ml cornflour
3 teaspoons baking powder

Cream butter. Add sugar slowly. Add beaten yolks and flavouring. Add milk a little at a time. Sift flour, cornflour, and baking powder, and add. Fold in beaten whites of eggs. Pour batter over caramel mix. Bake in moderate oven at 190°C for approximately 35 minutes.

HOT MILK SPONGE No. 1

4 eggs
500 ml sugar
1 teaspoon vanilla essence
500 ml flour
4 teaspoons baking powder
250 ml milk
125 g butter

Beat eggs and sugar well together till light and creamy. Add vanilla essence. Fold in the flour and baking powder. Bring to boil the milk and butter, and stir into the batter. Bake in a large ring pan or two 250 mm layer pans in 180° C oven for about 45 minutes for the large cake and 30 minutes for the layer cakes.

CHOCOLATE GLACE ICING

175 g Bournville chocolate
30 g butter
375 g icing sugar (approx.)
1 small teacup water
Few drops vanilla essence

Put the water, butter and broken chocolate into a heavy pan. Stir with a wooden spoon until the chocolate is dissolved, then boil until the mixture is thick. Take it from the fire and cool the mixture with 1 teaspoon of cold water. Add the sifted icing and beat until smooth and coats the back of a wooden spoon.

KRANZKUCHEN

Dissolve 2 cakes yeast in 60 ml lukewarm water. Scald 250 ml milk with 125 g butter, 125 ml sugar and ½ teaspoon salt. Cool to lukewarm (blood heat) and add flour to make a thick batter (not a dough yet). Stir in yeast mixture with 2 well beaten eggs and beat very thoroughly till smooth. Add more flour to make a soft dough. (Allow about 1,25 l of flour in all.) Knead dough on a lightly floured board till smooth and satiny. Place dough in greased bowl, cover and let rise in a warm place till double in bulk (about 2 hours). Then roll dough into rectangle, about 15 mm thick and brush with melted butter. Sprinkle with chopped nuts, cinnamon and sugar and sultanas.

Roll up and shape into a ring, pressing ends together. Place this ring on a large greased baking sheet (allow plenty of room for expansion) and with a scissors cut in 50 mm slices to ⅔ way across thickness of ring. Twist each slice open to show filling and lay flat. Cover and allow to rise again till double in size. Bake in moderate oven 190° C for 25-30 minutes.

While ring is still hot, sprinkle with 375 ml icing sugar mixed with sufficient brandy to make a thick coating to the spoon. Decorate with walnut halves, cherries etc.

Variations.

(1) This basic dough can be baked in mufin pans and while hot soaked with sugar syrup and rum, then split open and filled with whipped cream. (Rum babas).
(2) May be made into rolls and plaits, etc. and baked as milk buns, sprinkling with cinnamon and sugar before baking.
(3) May be baked in two loaf pans and served as milk bread.
(4) May be made into balls and placed close together in a 10" tube pan and baked. The rolls will rise to the top and join together to form a "babke" which can then also be iced with warm water icing and garnished with nuts and fruits.

PARAVA ALMOND FROSTING FOR SPONGE CAKE

400 g icing sugar
2 egg whites
1½ teasp. almond extract
Pinch salt
1 teasp. warm water

Beat egg whites with 500 ml icing sugar till fluffy. Add rest of icing sugar with salt, flavouring and water. Beat well. Use to frost top and slices of a 225 mm two-layer cake.

FILLING FOR HOT MILK SPONGE CAKE

60 g butter icing
2 tablespoons condensed milk
2 teaspoons lemon juice
½ teaspoon vanilla essence
4 drops almond essence
7 broken cream crackers not crushed too fine
60 g chopped walnuts

Spread the base of the cake with warmed apricot jam. Add the above filling. Add the second sponge layer. Spread the top and sides with butter icing and sprinkle with chipped brittle.

Butter Icing:

140 g icing sugar to 90 g butter

Brittle.

250 ml sugar, 1 teaspoon butter. Put into pan and cook on high. As sugar begins to melt, stir with a wooden spoon gently. When sugar has caramelized, add all at once 250 g fine coconut. Put it back on the stove for a minute stirring all the time. Turn onto greased greaseproof paper and allow to cool. Crush with rolling pin (Grease paper with melted butter).
Variations of butter icing:

(1) Add coffee essence to make Mocha Icing.
(2) Add 100 g of chocolate which has been softened over hot water.
(3) Add chopped walnuts or cherries, etc.
(4) Add orange juice, lemon juice or granadilla juice to vary flavour.
(5) Sprinkle cake with Kirsch and spread with heated strawberry jam and whipped cream.

This quantity of butter icing is sufficient for top and insides of 225 mm cake. If sides have to be spread as well and top decorated elaborately, then increase quantity of icing accordingly.

CHOCOLATE BUTTER ICING

125 g butter
250 g icing sugar
1 egg (white only)
2 tablespoons cocoa
1 teaspoon vanilla essence

Beat butter till soft and creamy, add the icing sugar gradually with the cocoa. Mix well and then add the beaten egg white and vanilla essence.

This is sufficient for a 200 mm sandwich cake iced all over and for the filling.

ORANGE ICING

500 g icing sugar
125 g butter, softened
Grated rind of 1 orange
Orange juice (1 tablesp. approx.)

Beat icing sugar with butter and orange rind. Add as much juice as necessary to make a spreading consistency. Start with ½ tablespoon of juice and add more if necessary. Spread over top and sides of 2 orange layer cakes.

ITALIAN CREAM CHEESE GATEAU

625 g cream cheese
250 ml sugar
1 teaspoon vanilla essence
2 tablesp. rum
3 tablesp. grated bitter chocolate
3 tablesp. chopped preserved fruits
1 225 mm hot milk sponge or 3 thin layers
Icing sugar

If one cake is used, split it into 3 layers.

Beat cheese with rum, vanilla, and sugar till fluffy. Fold in fruits and chocolate and spread thickly between cake layers. Sprinkle icing sugar on gateau before serving.

This can be made in advance and kept in the fridge till needed.

HOT MILK SPONGE No. 2

4 large eggs
6 heaped tablespoons castor sugar

Beat above ingredients till thick and light in colour, and add 1 teaspoon vanilla essence.

4 very heaped tablespoons flour
Pinch of salt
1½ teaspoons baking powder

Sift together.

125 g butter
1 tablespoon milk
1 tablespoon water

Bring to boiling point.

Add the sifted flour and baking powder to 1st mixture lightly with a metal spoon in an "over and under" method. Add liquid whilst boiling. Turn into 2 greased and floured 225 mm sandwich tins. Bake at 190° C for about 20-25 minutes.

To vary flavours: Chocolate: Add 1 rounded tablespoon of cocoa — leave out the corresponding amount of flour — plus 1 teaspoon cinnamon.

Coffee: Add 2 rounded teaspoons of Nescafé dissolved in the same quantity of boiling water.

Almond: Add 1 teaspoon essence with the vanilla.

PARAVE APRICOT FROSTING

250 ml icing sugar
4 tablesp. smooth apricot jam
2 tablesp. brandy

Combine all ingredients and beat well. If not firm enough for spreading, add a little more icing sugar. Use to spread over a square or loaf-shaped sponge cake.

GLACE ICING
(Basic Recipe)

250 g sieved icing sugar
3 tablespoons warm water
Flavouring and colouring as required

Put the sieved icing sugar, water and flavouring into a small pan and heat, stirring until the mixture is warm. Do not make the icing too hot. It should coat the back of a wooden spoon evenly, and look smooth and glossy. If too thin, add a little more icing sugar, if too thick, a few drops of water.

CREAM CAKE

2 eggs
250 ml sugar
375 ml flour
250 ml cream
1 teaspoon almond essence
3 teaspoons baking powder slightly heaped

Beat eggs well, add sugar and beat again well. Add cream, essence and flour, which has been sifted with the baking powder. Bake in loaf pan at 200° C for 35-45 minutes.

This batter can also make cookies.

PINEAPPLE CHEESE CAKE

Base:

175 g biscuit crumbs
2 tablespoons sugar
125 ml softened butter

Blend thoroughly together and press firmly on the bottom and sides of a 225 mm spring form pan.

Filling:

1 can crushed drained pineapple
125 ml sugar
2 tablespoons flour
¼ teaspoon salt
500 g cream cheese
250 ml light cream
1 teaspoon vanilla
4 eggs

Spread well drained pineapple over bottom of crumb crust carefully. Combine sugar, flour and salt. Add to cream cheese and blend well. Add vanilla. Stir in egg yolks one at a time, add cream and blend well. Beat egg whites until stiff but not dry and fold into cheese mixture. Pour over pineapple. Bake in 160° C oven for 1 hour and 20 minutes. Cool before removing from pan.

NOUGAT CAKE

Prepare two 225 mm round layer cake tins.

Blend together and set aside
- 6 tablesp. cocoa
- 5 tablesp. boiling water

Sift together and set aside
- 450 ml sifted cake flour
- 1½ teasp. baking powder
- ½ teasp. bicarb of soda

Cream together
- 125 ml butter and 1 teasp. vanilla

Add gradually
- 375 ml cups sugar

Add gradually
- 4 well beaten egg yolks

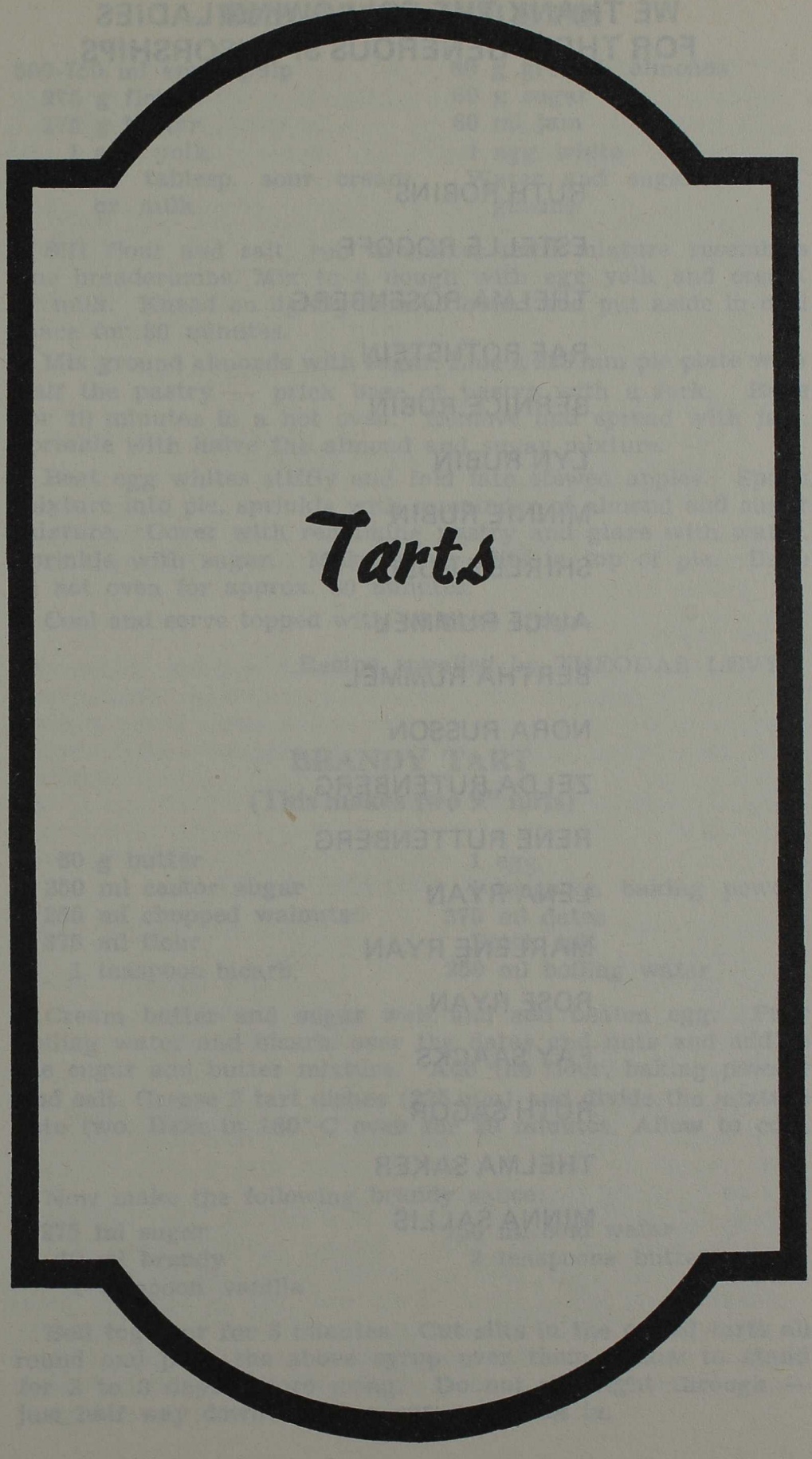
Stir in cooled cocoa mixture

Measure
- 125 ml milk

Add to cocoa mixture alternately with the flour. Beat four egg whites well and fold the 2 mixtures together. Pour into greased pans and bake at 180° C for 25-30 minutes. Cool and remove from pans.

Fill the layers with sweetened whipped cream flavoured with a mint liqueur. Cover cake with the cream and sprinkle with chopped peppermint crisp.

Recipe supplied by PAT JACOBSON


Tarts

WE THANK THE FOLLOWING LADIES FOR THEIR GENEROUS SPONSORSHIPS

RUTH ROBINS

ESTELLE ROGOFF

THELMA ROSENBERG

RAE ROTHSTEIN

BERNICE RUBIN

LYN RUBIN

MINNIE RUBIN

SHIRLEY RUBIN

ALICE RUMMEL

BERTHA RUMMEL

NORA RUSSON

ZELDA RUTENBERG

RENE RUTTENBERG

LENA RYAN

MARLENE RYAN

ROSE RYAN

FAY SAACKS

RUTH SAGOR

THELMA SAKER

MINNA SALLIS

HUNGARIAN APPLE PIE

500-750 ml apple pulp
275 g flour
175 g butter
1 egg yolk
3—4 tablesp. sour cream or milk
60 g ground almonds
60 g sugar
60 ml jam
1 egg white
Water and sugar for glazing

Sift flour and salt, rub in butter until mixture resembles fine breadcrumbs. Mix to a dough with egg yolk and cream or milk. Knead on lightly floured board and put aside in cool place for 30 minutes.

Mix ground almonds with sugar. Line a 225 mm pie plate with half the pastry — prick base of pastry with a fork. Bake for 10 minutes in a hot oven. Remove and spread with jam, sprinkle with halve the almond and sugar mixture.

Beat egg whites stiffly and fold into stewed apples. Spoon mixture into pie, sprinkle with remainder of almond and sugar mixture. Cover with remaining pastry and glaze with water, sprinkle with sugar. Make a few slits in top of pie. Bake in hot oven for approx. 30 minutes.

Cool and serve topped with whipped cream.

Recipe supplied by THEODAS LEVY

BRANDY TART
(This makes two 9" tarts)

60 g butter
250 ml castor sugar
250 ml chopped walnuts
375 ml flour
1 teaspoon bicarb.
1 egg
¼ teaspoon baking powder
375 ml dates
Pinch salt
250 ml boiling water

Cream butter and sugar well and add beaten egg. Pour boiling water and bicarb. over the dates and nuts and add to the sugar and butter mixture. Add the flour, baking powder and salt. Grease 2 tart dishes (225 mm) and divide the mixture into two. Bake in 180° C oven for 30 minutes. Allow to cool.

Now make the following brandy sauce:

375 ml sugar
60 ml brandy
1 teaspoon vanilla
250 ml cold water
2 teaspoons butter

Boil together for 5 minutes. Cut slits in the cooled tarts all round and pour the above syrup over them. Allow to stand for 2 to 3 days before using. Do not slit right through — just half way down to allow syrup to soak in.

VIENNESE FRUIT TART

Shortcrust Base:

250 g butter
175 g sugar
1 whole egg plus 1 egg yolk
375-425 g flour
1 teaspoon Baking Powder

Cream butter and sugar. Add the eggs and then blend in the flour sifted with the baking powder. This is sufficient dough for two tart shells 250 mm in diameter.

Roll out pastry thinly and line a buttered tart dish with half of the pastry (the other half may be kept in fridge till required). Spread pastry with jam.

Almond Filling:

3 eggs
3 tablesp. sugar
175 g ground almonds
2 dessertsp. melted butter

Beat eggs well with sugar. When thick add the ground almonds and butter. Pour into tart shell and bake at 190° C till golden and set.

Fruit Topping.

Use a variety of canned fruits such as cherries, mandarins, apricots, greengages and drain well. Arrange fruits in a pattern on top of the almond tart in the dish. Make a syrup from 250 ml fruit juice and 1 level dessertspoon maizena boiled together for 5 minutes. Pour over fruit pattern carefully while still warm and allow to set.

APRICOT CHEESE TART

250 ml flour, sifted
½ teaspoon salt
80 ml butter
1 egg yolk
2 tablespoons milk
500 g cottage cheese
1 small can apricot halves
2 eggs
Juice of ½ lemon
Dash cinnamon
Sour cream

Sift together flour and salt. Cut in butter until looks like corn meal. Combine yolk and milk. Stir into flour, and mix just enough to stick together. Form into a ball and turn out on a lightly floured board.

Roll out into a 250 mm circle to fit a 225 mm layer pan. Drain apricots well and save juice. Spread apricots over bottom of pan. Beat eggs, beat in apricot juice and cheese. Add cinnamon and lemon juice. Pour over top of apricots. Bake in 200° C oven until cheese custard is set (about 30 minutes). Remove from oven. Allow to stand 10 minutes. Spread top of flan with sour cream and sprinkle with additional cinnamon.

COCONUT WALNUT TART

Soften 125 ml butter. Add 250 ml flour and blend till smooth. Spread this in a 225 m round tart dish or a 225 x 300 mm oblong pyrex dish (greased). Bake for 15 minutes at 180° C. Remove dish from oven and spread the following filling over the baked base:

Mix 125 ml shredded coconut with 375 ml brown sugar. Add 250 ml chopped walnuts, 125 ml finely chopped cherries, 2 tablespoons flour, ¼ teaspoon baking powder, ½ teaspoon salt, 2 eggs and 1 teaspoon vanilla essence. Spread this over the baked base and return to oven to bake for 25 minutes at 180° C. Leave in dish to cool. When cool, glaze with lemon juice and icing sugar made into spreading consistency.

DATE MERINGUE TART

250 g dates
125 ml orange juice
60 ml chopped almonds or pecans
125 g butter
125 ml sugar
1 teaspoon vanilla
2 eggs
375 ml flour
1 teaspoon baking powder

Cook the dates and orange juice till dates are soft. Cool. Cream butter with sugar. Beat in yolks of eggs with vanilla essence. Add flour sifted with baking powder. Make a soft dough. Line greased tart dish with dough. Cover with date mixture.

Beat egg whites stiffly, adding another 4 tablespoons sugar. Spread over dates. Sprinkle chopped nuts over meringue and bake in 160° C oven for 30 minutes.

CHEESE TART

Crust:

Your normal one or: Mix 375 ml crumbed Marie or Tennis biscuits; 6 tablespoons melted butter; 1 teaspoon cinnamon; 60 ml sifted castor sugar.

Grease springform tin very well and pat crumbs in to line tin. Place in refrigerator to set.

Filling:

Dissolve 250 ml sugar in 250 ml cream
Add 500 g cottage cheese (Homogenised)
4 beaten egg yolks
3 tablespoons flour
1 teaspoon vanilla or 2½ tablespoons lemon juice and 1 teaspoon grated rind

Whip egg whites until stiff but not dry. Fold into cheese mixture and fill pie shell or tin.

Bake in a 180° C oven for 1 hour.

PINEAPPLE CHEESE TART

Tart Base:

125 g butter
3 tablespoons sugar
1 egg
250 ml flour (heaped)
½ teaspoon baking powder

Cream butter and sugar, add egg, and then sifted flour and baking powder. Make into a dough that can be rolled out and line a tart dish with same.

Filling:

250 g cheese
1 tablespoon flour
3 tablespoons sugar
2 eggs, separated
½ teaspoon vanilla
190 ml thick cream
60 ml milk
1 small tin canned pineapple, drained

Chop finely the canned pineapple, drain well and place in tart dish which has been lined with pastry. Mix cheese, flour, sugar, yolks, vanilla, milk and cream and then fold in the stiffly beaten egg whites. Pour mixture over pineapple in tart dish and bake for about ¾ hour at 160° C. Serve in tart dish when cold.

GLAZED CHEESE TART

Base:

125 g melted butter
375 ml biscuit crumbs
2 tablespoons sugar

Line dish with butter, crumbs and sugar mixture and bake at 200° C for 10 minutes. Remove from oven. (Dish to be greased first — 225 mm tart dish).

Filling:

500 g cream cheese
150 ml cream
125 ml sugar
2 eggs
1 teaspoon salt
2 tablespoons flour
1 teaspoon vanilla
1 teaspoon lemond rind
1 teaspoon lemon juice

Beat cheese and cream till smooth. Add salt, sugar, egg yolks, flour, vanilla, lemon juice and rind, and lastly fold in stiffly beaten egg whites. Fill baked shell with above mixture and bake for 20 minutes at 160° C. Switch off oven and allow cake to remain in oven for 1 hour with the door open.

Glaze:

Boil together 125 ml fruit juice with 125 ml sugar and 1 tablespoon maizena. Decorate cooled cheese cake with any desired fruits, such as pineapple, cherries or strawberries and spoon the glaze over the fruit all over the surface of the cake. Allow to set.

FRUIT KRANZKUCHEN

Pastry:

250 g flour
2 dessertspoons sugar
2 teaspoons baking powder
60 g butter
1 egg
250 ml heavy cream

Filling:

Sliced peach jam for spreading
Sliced apples
Chopped nuts

Rub butter into sifted dry ingredients. Make a dough by mixing in with a knife the egg beaten with the cream. Leave in fridge for half an hour before rolling out. Roll into an oblong 6 mm thick and spread with sliced peach jam. Strew sliced apples and chopped nuts on this — spread filling to within an inch of the edges. Roll up as for swiss roll and form into a ring on a greased baking sheet. With a scissors, cut ¾ way across ring at 50 mm intervals and twist each slice to lie open. Brush with beaten egg and water and bake in 190°C oven for 30 minutes.

When cool, ice with water icing and sprinkle with nuts.

FARFEL BANANA PIE WITH GINGER SAUCE

Pastry:

125 g butter
1 egg
1 tablespoon oil
½ teaspoon baking powder
250 g flour
Pinch salt
1 teaspoon vanilla essence
200 ml sugar

Cream butter, sugar and oil. Add beaten egg. Add flour, baking powder and salt and vanilla essence. Make into a firm dough. Divide pastry into two. Roll out one half and line a greased tart dish with this, thinly. Fill with the following mixtures:

Banana Filling:

Peel 8 ripe bananas and slice into the lined tart dish. Sprinkle the bananas with a few drops of lemon juice and the grated rind of 1 orange and 1 lemon. Sprinkle a little rum and a tablespoon sugar over the bananas. Grate the other half of the farfel pastry over the bananas and bake in a moderate oven for about 30 minutes, or till light brown.

Ginger Sauce:

Boil together 250 ml sugar and 250 ml water. Add 1 teaspoon powdered ginger and 1 heaped tablespoon chopped preserved ginger. Stir in 2 rounded tablespoons custard powder mixed with a little of the ginger syrup (from the preserved ginger) to a smooth paste. Boil, stirring well till thick. When cool, add 250 ml whipped cream and serve with the banana tart.

NUT TART

Make the following pastry:

125 g butter
125 ml sugar
1 egg
1 teaspoon vanilla essence
250 g flour
1 teaspoon baking powder

Cream butter and sugar, add well beaten egg and vanilla. Add flour and baking powder. Knead into fairly stiff dough. Roll out and pat into well greased 225 mm tart dish. Half bake shell at 180° C for 5 minutes. Prick well before baking.

Now melt 250 g butter, add 250 ml sugar with 6 tablespoons milk. Add 250 g chopped almonds (with skins on — just dusted off). Do not chop too finely. Boil for 5 minutes. Remove from stove and add 4 drops vanilla and 4 drops almond essence.

Pour this into the halfbaked shell and return to oven to bake for 20—30 minutes. Allow to cool before serving.

CHERRY PIE

Make 225 mm pie shell and bake.

Filling:

250 g cream cheese
250 ml sour milk
250 ml sour cream
1 tin cherry pie filling (650 g size)
1 pkt. Royal Instant vanilla pudding

Cream the cheese, milk and cream well together. Reserve 125 ml of cherry pie filling and add remainder to cheese mixture and blend well. Sprinkle the Instant pudding over cheese mixture and beat well for 1 minute. Pour into pie shell and spoon the 125 ml cherry pie filling over the top. Chill in fridge for 1 hour until firm.

Recipe supplied by THEODAS LEVY

RUM TART

Pie shell made with crumbed Marie Biscuits, butter and sugar.

3 egg yolks
Less than 125 ml sugar
½ envelope gelatine
60 ml cold water
300 ml cream
60 ml rum

Beat egg yolks until light and add sugar. Soak gelatine in cold water, then put over a low flame and bring to the boil. Pour over the egg and sugar mixture, stirring briskly. Whip cream until stiff and fold into egg mixture, then flavour with rum. Pour into crumbed pie shell and chill.

MILK TART (With short pastry base)

125 g butter
125 ml sugar

Cream well together and add.

1 egg
300 ml flour
2 teaspoons baking powder

Make into a nice soft dough. Pat dough in two 200 mm tins, prick bottoms and add filling.

Filling:

4 level tablespoons sugar
600 ml milk
2 eggs
1½ tablespoons maizena
Little butter
Vanilla essence

Make a custard of above and fill tart shells. Sprinkle cinnamon on top. Bake in 180° C oven for approximately 20-30 minutes.

These tarts should be baked in tins with loose bottoms, or with levers for easy removal, otherwise in pyrex dishes and served in same. Cool tarts completely before removing from pans.

FRUIT TARTS

Short Crust for Tarts:

Pinch salt
6 heaped tablespoons flour
1 level tablespoon castor sugar
1 level teaspoon baking powder
1 tablespoon ground almonds
125 g butter
1 egg

Plum Tart:

Take 1 large tin Satsuma plums, drain off syrup. Thicken the syrup with 2 dessertspoons of cornflour, add sugar and a few drops of almond essence to taste. Allow it to cool and thicken. Arrange the plums in the pastry shell (already baked) pour over the prepared juice and serve with whipped cream. If the colour of the juice is not good, add cochineal to colour.

Apricot Tart:

Take a large tin of apricots, drain off the syrup. Add 2 tablespoons custard powder to syrup which has been placed in a heavy pot and boil till clear, stirring constantly. Add sugar to taste. Arrange apricots in a baked shell, pour the custard over and decorate with blanched almonds and cream flavoured with sugar and almond essence.

Any tinned fruits may be used in the above way to fill the tart shells. Tart shells to be baked at 180° C — prick shells with fork, to prevent rising too much.

CUSTARD APPLE TART

Preheat oven to 190° C.

A partially baked tart shell on a baking sheet
500 g crisp granny smith apples
60 g granulated sugar
½ teasp. cinnamon

Quarter, core and peel the apples. Cut into 3 mm lengthwise slices. You should have about 400 g. Toss in a bowl with cinnamon and sugar, then arrange neatly in shell and bake for 15 minutes or until almost, but not quite tender. Remove from oven and allow to cool while preparing custard.

2 eggs
60 g sugar
30 g sifted flour
300 ml cream
3 tablesp. brandy

Beat eggs and sugar together in a mixing bowl until mixture is thick, pale yellow and forms the ribbon. Beat in flour, then cream and brandy. Pour over apples. Return to oven for 10 minutes or until cream begins to puff. Sprinkle heavily with icing sugar in a shaker and return to oven for 15 minutes to 20 minutes more. Tart is done when top has browned and knife plunged into custard comes out clean. Try to serve immediately but may be kept warm for 10-15 minutes.

Recipe supplied by PAT JACOBSON

TONI'S FAVOURITE

(Quick and tasty fridge cheese tart)

1 250 g carton smooth cream cheese
1 tin sweetened condensed milk
80 ml lemon juice
1 teasp. vanilla essence (or less)

Make crushed Marie Biscuit base and set in fridge for about 10 minutes.

Cream cheese and condensed milk until smooth. Gradually add lemon juice to thicken and finally add vanilla essence to taste. Pour into base.

Set in fridge and glaze and decorate with canned fruit. (Delicious as a desert with coffee after a "milk" meal.)

Recipe supplied by GAIL KERBEL

LEMON CHEESE TART

250 ml sifted flour
½ teaspoon salt
80 ml butter
3-4 tablespoons cold water
250 g cream cheese
2 eggs
125 ml heavy cream
125 ml sugar
1 teaspoon vanilla
1 teaspoon grated lemon rind
1 tablespoon lemon juice

Sift together flour and salt. Cut in butter till resembles small peas. Sprinkle cold water gradually over mixture, tossing lightly with form, until dough is moist enough to hold together.

Form into ball. Roll out on a lightly floured board into circle 400 mm larger than a 200 mm pie pan. Fit pastry lightly into pan. Fold edge to form a standing rim. Flute. Prick crust with fork. Bake in 220° C oven for 10 minutes. Soften cream cheese and whip until fluffy. Add eggs one at a time, beating well after each addition.

Blend in sugar, vanilla, lemon rind and juice. Mix well. Fill baked shell and replace in 180° C oven and bake until slightly firm. Cool. Chill at least 1 hour before serving. Whip cream until stiff, flavour and taste. Spread over pie before serving. Garnish with grated lemon rind.

FRUIT TWIST

Dough:

125 g butter
500 g flour
250 ml milk
2 eggs
6 teaspoons baking powder
125 ml sugar
125 ml cream

Filling.

Boil together 500 g dates and juice of 2 oranges. 250 ml mixed fruits. Jam for spreading.

Rub butter into sifted dry ingredients. Mix into a dough with the beaten eggs, milk and cream. Roll out 6 mm thick into two oblongs. Trim the edges to make them straight. Spread filling down the centre third of the oblong, lengthwise. Then cut the sides (each one third of the width of the oblong) at 25 mm intervals and plait over filling by taking one piece from each side alternatively and laying them across each other diagonally. Press each strip down firmly. The oblong of pastry should first be placed on a greased baking sheet before filling and plaiting. Brush the twist with beaten egg and bake in 200° C oven till light brown. While still warm, ice with water icing and sprinkle with chopped nuts and cherries. This quantity makes two twists.

STREUSEL CREAM PEACH PIE

Make your favourite pastry for a 225 mm pie dish. Arrange in pastry-lined dish:

1 l peeled, quartered peaches sprinkled with 125 ml sugar

or 1 l quartered, canned drained peaches

Beat together, then pour over peaches:

1 egg
2 tablespoons cream or milk

Mix until crumbly:

60 ml brown sugar
125 ml flour
60 ml butter

Sprinkle crumb mixture over fruit. Bake in 200° C oven for 35-40 minutes until golden brown. Serve slightly warm with cream.

To make this a really fabulous dessert, after pie has baked, beat two egg whites with two tablespoons of sugar until stiff and pile over top of pie. Put back into oven for ½ hour at 100° C.

Recipe supplied by PAT JACOBSON

PINEAPPLE TART

Dough:

60 ml sugar
60 ml sour cream
125 g butter
1 heaped teaspoon baking powder
1 beaten egg
Enough flour to make a soft dough

Filling:

1 pineapple grated coarsely
2 apples, grated coarsely
1 tablespoon sugar
½ teaspoon lemon juice
1 tablespoon custard powder, dissolved in a little water.

Stir custard into the other ingredients and cook till thickened.

To make Tart:

Divide dough into two parts. Place one half in a buttered pyrex tart dish, place filling on this and then spread the rest of the batter on the filling. Bake in moderate oven till light brown. When cool, pour over a water icing and garnish with pieces of glace pineapple and angelica.

FARFEL APPLE TART

Pastry:

125 g butter
1 egg
1 tablespoon oil
½ teaspoon baking powder
250 g flour
Pinch salt
1 teaspoon vanilla essence
200 ml sugar

Cream butter, sugar and oil. Add beaten egg. Add flour, baking powder, salt and vanilla essence. Mix into a firm dough. Divide pastry in half. Roll out the one half and line a tart dish with this. Cover with a layer of jam and then fill with the following apple mixture:

Apple Mixture:

Make a syrup of 4 tablespoons smooth apricot jam, 4 tablespoons sugar, 125 ml water and the grated rind of 1 orange. Peel and slice 4 large apples and poach in the syrup till tender. Place the poached apples in the lined tart dish and then take the other half of the farfel pastry and grate it on a coarse grater over the apple tart. Bake in a moderate oven — 190° C — till pale brown. Serve either hot or cold with whipped cream.

GINGER TART

Pastry:

125 g butter
125 ml sugar
450 ml flour
2 teaspoons baking powder
1 egg
½ teaspoon lemon essence
½ teaspoon vanilla essence

Cream butter with sugar. Add egg and flavourings and stir in sifted flour and baking powder, mixing well to form a smooth pastry. Roll out thin and line a pie dish with the pastry. Prick and bake blind in a moderate oven till light brown.

Filling:

2 heaped tablespoons custard
125 ml cold water
250 ml golden syrup
250 ml water
1 heaped teaspoon ground ginger
3 tablespoons chopped preserved ginger

Dissolve custard in water. Bring the syrup and water to boil, add custard and stir till thick. Add the ginger. Fill baked tart shell with the ginger filling and when cold and set, pipe whipped cream in a criss-cross pattern over the whole tart.

This is sufficient for a 250 mm pie dish — the tart should be shallow, not too deep as the filling must be about 15 mm thick and the pastry should not be higher than the filling.

PRE-BAKED TART SHELL

(For 250-275 mm pie shell)

225 g flour — ½ teasp. salt
175 g chilled butter cut into 15 mm pieces — 5-6½ tablesp. cold water

Place flour, salt and butter into mixing bowl. Rub the flour and butter together rapidly between the tips of your fingers until the butter is broken into pieces the size of oatmeal flakes. Add half the iced water and mix with a fork. Add the balance bit by bit and blend with fingers until dough forms a mass. If it holds together, no more water is required — don't add all the water if not necessary. The dough should just hold together in a roughly shaped ball and should not be damp or sticky. Place on a very lightly floured board. With the heel of one hand — not the palm which is too warm — rapidly press the pastry by 2 spoonful bits down on the board and away from you in a firm quick smear. Gather together, sprinkle lightly with flour, wrap in greaseproof paper and place in fridge for at least ½ hour before using, or in deep-freeze for up to 10 days. (This takes 10 minutes to make.)

Roll out on a lightly floured marble slab into a circle and always from the centre away from you. Lift and turn slightly, continue rolling away from you. Circle should be about 3 mm thick. Gently fold dough in half and then in quarter. Take your centre point and place in dead centre of your ungreased pie dish, or preferably quiche pan. Unfold gently and line dish. Never pull pastry (this causes shrinking). Trim edges neatly. With the correct quiche pan all you do is take a rolling pin around the edges and you have a neat finish. Line pastry with ungreased grease-proof paper and try to have another oven-proof dish of any kind that will fit neatly into lined shell. If it doesn't fit exactly, push it gently against one side and fill round your empty space with dry beans right to the top. All this prevents shrinkage. Bake 200° C for 25-30 minutes. Lift out extra dish, paper and beans and you should have a nicely baked shell, which, when cooled, lifts out easily and can be deep frozen for use at any time. For a partially baked shell, follow instructions, but bake for only 15 minutes. When using a deep-frozen baked shell, warm slightly and then cool before filling.

This can be used for savoury or sweet fillings.

Recipe supplied by PAT JACOBSON

SOUTHERN PECAN PIE

Pastry:

250 ml flour
1 tablespoon sugar
125 g butter

Rub butter into flour and sugar with pastry blender till it looks like crumbs. Put into buttered 225 mm pie dish and press flat.

Filling:

250 ml pecan halves
250 ml thin syrup (American Log Cabins)
3 eggs
1 tablespoon melted butter
½ teaspoon vanilla essence
250 ml sugar
1 tablesp. flour

Arrange pecan halves in bottom of pie shell. Beat eggs. Add butter, syrup and vanilla. Stir until blended. Combine sugar and flour and blend with egg mixture. Pour over nuts in pie shell and let stand until nuts rise. Bake at 180° C until it sets.

UNBAKED CHEESE TART

1 tablespoon gelatine
1 tablespoon lemon juice
Grated peel of 1 lemon
125 ml hot milk
250 ml sugar
2 egg yolks
250 g cream cheese
250 ml crushed ice
250 ml thick cream

Beat gelatine, lemon juice and rind and hot milk in electric mixer very well for about 1 minute. Add sugar, yolks and cheese. Beat well. Add ice and thick cream and beat well.

Make Crumb Crust with:

250 ml biscuit crumbs
1 tablespoon sugar
60 ml melted butter
½ teaspoon cinnamon

Mix together and press against sides and bottom of 225 mm pie plate. Pour in cheese mixture and chill before serving.

Some of the crumb crust can be saved and sprinkled on top of pie, if desired.

NO-BAKE GRENADILLA TART

Crush 375 ml Marie biscuits and mix with 1 tablespoon castor sugar and 125 g melted butter. Press well into ovenproof greased pie plate and put in fridge for 10 minutes.

Filling:

1 pkt. lemon jelly
1 tin sweetened condensed milk
Pulp of 12 grenadillas
375 ml boiling water

Make jelly with water and let cool. Add condensed milk and grenadilla pulp. Pour mixture into crumb crust when thickening and put in fridge to set.

Singing Kettle

CHINESE TART

Pastry:

250 ml flour
½ teaspoon baking powder
Pinch Salt
1 tablespoon castor sugar
60 g butter
1 egg yolk, mixed with a little cold water

Sift flour, baking powder and salt and sugar. Rub in butter and bind with egg yolk mixture to a smooth dough. Line a tart tin thinly with pastry and prick all over.

Filling:

125 g ground almonds
125 g butter
125 g sugar
2 eggs
8 crushed biscuits or 250 ml cake crumbs
1 teaspoon almond essence

Cream butter and sugar. Add eggs and the rest of the ingredients. Spread some raspberry jam on the base of the tart shell and fill with the almond mixture. Bake in moderate oven — 190° C — till golden brown.

GERMAN TART

Base:

250 ml flour
125 g butter
1 tablespoon castor sugar
1 teaspoon baking powder
Pinch salt
1 egg beaten with 1 tablespoon vinegar and
1 teaspoon vanilla

Mix butter into dry ingredients and make into a pastry with the egg, etc. Line a 225 mm pie dish with pastry.

Filling:

1 tablespoon butter
6 tablespoons oats
2 tablespoons castor sugar
1 teaspoon almond essence
10 finely chopped dates
6 finely chopped walnuts
3 pieces preserved ginger chopped
4 tablespoons milk

Mix well. Spread a little strawberry jam on pastry, then filling. Bake in a moderate oven — 180° C — for 30 minutes. Before baking, decorate with whole cherries and walnuts.

STRAWBERRY TART

1 fully baked tart shell on a pretty stand or cake plate. (If from deep freeze, crisp quickly in hot oven).
4-5 medium-sized punnets of medium-sized strawberries. Remove stalks and wash strawberries well and dry on kitchen paper.

Creme Patisserie:

60 ml sugar
2 eggs
2 yolks
almost, but not quite
125 ml sifted flour
lemon juice to taste
1½ teasp. vanilla
375 ml milk, scalded

Beat eggs and yolks till thick. Add sugar bit by bit, beating all the time, till the mixture forms a ribbon. Add flour and beat in well. Slowly, still beating, add scalded milk. Place mixture in a heavy bottomed saucepan and return to stove. Cook slowly until thick. Remove from heat — cool for 2 minutes and add vanilla and lemon juice. Mix in well. Cool completely before using. This can be kept in the fridge for a few days.

Cover pastry shell with cold, strained custard. Arrange strawberries on custard very closely together, starting with the biggest one in the centre and going around in circles. Glaze.

Glaze: 150 ml red currant jelly. Stir over a moderately high heat until it melts and begins to thicken enough to coat a wooden spoon with a light film. Apply glaze while still warm over all the strawberries with a small paint brush. If glaze gets too thick whilst standing, heat again.

The whole tart assembled, stand well for up to 3½ hours, especially if the inside of shell is lightly painted with glaze before filling with custard. If to be served for a dinner party, have everything ready and fill ½ hour before guests arrive.

Recipe supplied by PAT JACOBSON

Biscuits

WE THANK THE FOLLOWING LADIES FOR THEIR GENEROUS SPONSORSHIPS

ANN SANDWICK

FANNY SAPIRE

EDNA SCHACHTER

EFFIE SCHAUDER

KAY SCHECHTER

LORRAINE SCHECHTER

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JANETTE SCHEWITZ

LOLA SCHEWITZ

MAUREEN SCHEWITZ

RENE SCHWARTZ

RUBY SCHWARTZ

FAY SENDZUL

VERA SENDZUL

BLANCHE SERWATOR

PATSI SHEFER

JUDY SHEINBAUM

ANNE SHER

LOLLY SHTEIN

JENNY SHOUL

CARAMEL CREAMS

Cream 250 ml butter, gradually add 200 ml firmly packed brown sugar, creaming well.

Blend in 1 unbeaten egg yolk. Add 625 ml sifted flour, stir until mixture forms a dough. Chill for easier handling.

Shape into balls about the size of a marble. Place on ungreased baking sheets, flatten to 3 mm thickness. Mark a design with fork.

Bake at 160° C for 10-12 minutes. Cool, and sandwich together with following:

Browned Butter Frosting:

Brown 2 tablespoons butter in saucepan, remove from heat. Blend in 300 ml sifted confectioners sugar. Gradually add ½ teaspoon vanilla and 4 to 5 teaspoons cream until of spreading consistency.

SURPRISES

125 g butter
250 g flour
1 teaspoon cream of tartar
1 egg
Pinch of salt
Dates stuffed with almonds
125 g sugar
1 teaspoon baking powder
½ teaspoon bicarb. in dessertspoon milk
Lemon or almond essence

Cream butter and sugar, add beaten egg, then sieved dry ingredients. Lastly add bicarb. and milk. Pinch of small pieces and form paste round dates to look like small bolsters, using as little dough as possible. Roll in flour and bake in moderate oven. Almonds can be excluded and just plain dates used.

COFFEE CAKES

60 g cornflour (1 heaped tablespoon is 30 g)
90 g butter
90 g flour
90 g castor sugar
½ heaped teaspoon baking powder
2 teaspoons Nescafé dissolved in 1 tablespoon water
2 eggs

Cream the butter and sugar, beat in the eggs with little flour. Add Nescafé with the rest of the flour and baking powder. Pour into greased tins and bake from 15-20 minutes in a moderate oven 190° C). Ice when cold with coffee glace icing and decorate with nuts or decorate with fresh cream and raspberry jam.

GREEK GOOD LUCK COOKIES

500 g butter (at room temperature)
200 ml icing sugar
1 egg yolk
1½ tablespoons Cognac
550 g sifted flour

Cream butter very well in mixer. Gradually add sifted icing sugar and heat well. Add egg yolk and Cognac and beat well. Gradually add in sifted flour to make a soft dough that can be handled without sticking to hands. If necessary, place in fridge for an hour. Shape dough into balls 40 mm diameter, and place on ungreased cookie sheet. Bake in 180° C oven till just coloured, not brown — about 15 minutes. Cool and roll in icing sugar.

The balls can be studded with one clove each, if desired, before baking.

These cookies are usually served piled up into a pyramid on a serving platter, with lots of icing sugar sifted over them.

SHORTBREAD

250 g flour
150 g butter
60 g sugar

Kneed all together, shape in round and bake for ¾ hour in slow oven — about 160° C. Cut while still hot.

ALMOND TARTLETS

Shortcrush Pastry:

375 ml flour
Pinch salt
1 tablespoon castor sugar
1 rounded teaspoon baking powder

Sift together. Add 125 g butter — rub in with fingertips. Add 1 whole egg — work in with blade of knife. Roll out into rounds and line patty pans.

Filling for Tartlets:

125 g ground almonds
125 g castor sugar
125 g butter
2 tablespoons stale cake crumbs or crushed biscuits
2 eggs separated

Cream butter and sugar. Add egg yolks, crumbs and almonds. Add ½ teaspoon each almond and vanilla essence. Fold in egg whites.

Put ½ teaspoon raspberry jam in bottom of each pastry-lined patty tin and fill ¾ way with almond mixture. Bake in slow oven (160° C) for about 20 minutes.

WALNUT CRESCENTS

The flavour of these biscuits is enhanced by rolling them after baking, in genuine vanilla sugar. This is the method:

Chop ¼ of a vanilla bean and then crush it well with 1 tablespoon icing sugar (use wooden spoon). Add the rest of the icing sugar and mix well. Place in covered jar and allow to mature overnight.

Now proceed to make the biscuits:

250 ml finely chopped walnuts
250 ml butter, at room temperature
200 ml sugar
625 ml flour

The walnuts should be ground in a food blender. Stir together with a wooden spoon the nuts, butter, sugar and flour. Make into a smooth dough. Shape 1 teaspoon of dough into a crescent — repeat with the rest of the dough. Bake on ungreased cookie sheet for about 15 minutes at 180° C. Cool for a minute and while still warm, roll carefully in vanilla sugar.

TEIGLACH

Dough:

10 eggs
Good ½ teaspoon baking powder
1 tablespoon brandy
2 tablespoons oil
2 teaspoons grated orange rind

Beat 8 whites and 10 yolks well. Add brandy, oil, baking powder and rind and sufficient flour to make a soft dough. Approximately 550 g should do. Make into shapes.

Syrup:

2 kg golden syrup
750 ml sugar
750 ml water

Bring to boil and add teiglach. Close pot and do not remove lid for 25 minutes. Keep boiling fairly fast. Open pot and stir and then cook for another 50 minutes. Stir occasionally but wipe lid each time. Throw in 250 ml boiling water at the side of the pot. Turn off plate and stir till syrup stops bubbling.

Remove teiglach from pot and roll in chopped nuts mixed with chopped ginger, leave plain, or roll in coconut. The teiglach may be filled before cooking or just made into beigels.

SNICKERDOODLES

Makes about 5 dozen biscuits.

250 ml soft butter
375 ml sugar
2 eggs
700 ml flour, sifted
2 teaspoons cream of tartar
1 teaspoon bicarb.
½ teaspoon salt

Mix butter, sugar and eggs thoroughly. Sift dry ingredients together and stir into egg mixture. Put dough in fridge to chill. When chilled, roll dough into balls the size of small walnuts. Roll in a mixture of 2 tablespoons sugar and 2 teaspoons cinnamon. Place on ungreased baking sheet about 50 mm apart. Bake at 200° C for 8-10 minutes until light brown but still soft.

Recipe supplied by RUBY STRELITZ

QUICK STRUDEL

500 ml flour
250 g butter
250 g cream cheese

Mix these ingredients well and place in fridge for 1 hour. Divide pastry into 6 portions. Roll each out very thinly and sprinkle with the following mixture:

125 ml sultanas
250 ml chopped pecans
Cinnamon and sugar
Strawberry jam

Roll up and bake in 180° C oven on greased cookie sheet — each sheet will take 3 rolls at a time — for about 30 minutes (till light brown). While still hot, cut with sharp knife into slices.

MERINGUE KISSES

4 egg whites
250 ml castor sugar
½ teaspoon vinegar
½ teaspoon vanilla

Beat egg whites until stiff enough to stand in soft peaks. Continue beating, adding gradually 200 ml castor sugar, 2 tablespoons at a time. Beat in vinegar and vanilla and fold remaining castor sugar gently.

Cover 2 baking sheets with writing paper. Put meringue mixture into a large pastry bag fitted with a fluted tube and press out the meringue into kisses, without twisting the tube in the motion. Sprinkle with a little castor sugar and bake at 120° C for 25-30 minutes. Remove from paper and let them cool and dry.

Recipe supplied by SANDRA TARLIE

CINNAMON TWISTS

500 ml flour
175 g butter
1 teaspoon salt
125 ml milk
3 tablespoons sugar
1 teaspoon baking powder

Rub flour, salt, sugar and baking powder with butter. Add milk to make a pastry. Roll out thinly, brush over with melted butter, sprinkle with cinnamon and sugar and mixed fruits. Roll up and cut in slices.

Bake at 220° C for 12 to 15 minutes.

SOUR CREAM BISCUITS

125-500 g flour
250 g butter
250 ml sour cream
3 teaspoons baking powder

Rub butter into flour. Add baking powder. Mix with cream and roll out on a floured and sugared board. Cut into strips about 75 x 15 mm wide and twist. Bake in 220° C oven for 7-10 minutes. Watch to see that they do not brown too much.

BUTTERSCOTCH JEWEL BARS

125 g butter
250 ml dark brown sugar
3 eggs
500 ml flour
¼ teaspoon salt
¼ teaspoon cinnamon
3 tablespoons milk
375 ml mixed nuts (salted peanuts, walnuts, cashews)
200 ml diced candied pineapple
200 ml candied cherries cut in half
125 ml small seedless raisins
1 teaspoon vanilla
1 tablespoon brandy
60 ml white sugar

Cream the butter and brown sugar very well, then add 1 egg. Sift flour, salt and cinnamon together. Add alternately with milk to the butter mixture and blend well. Spread in a buttered 400 x 250 x 25 mm pan (or swiss roll tin). Bake in 180° C oven for 10 to 15 minutes.

Meanwhile, mix the cut up fruit, cut up nuts, vanilla and brandy. Beat the remaining eggs slightly and stir in sugar. Add to the fruit mixture and spread over hot layer. Bake slowly (150-180° C) for another 30 minutes. While still hot, cut into bars. (40 bars).

Recipe supplied by FAY LEHMAN

MERINGUE BISCUITS

125 g butter
125 g flour
1 egg yolk
Salt
1 tablespoon milk

Rub flour and salt into butter and mix into a pastry with the egg yolk and milk. Roll out about 3 mm thick. Cut into small rounds and put 1 teaspoon of the following mixture on top. Whip white of egg stiffly. Add 250 ml sifted icing sugar. Bake in moderate oven — 180° C — for ½ hour.

THIMBLE BISCUITS

125 g butter
125 g sugar
1 egg
250 ml sifted flour
250 ml finely chopped nuts
Berry jam to blob on top

Cream sugar and butter, add beaten egg yolk and mix well. Add flour. Shape into small balls. Dip in slightly beaten egg white and then in chopped nuts. Bake for 5 minutes in 180° C oven. Take out and quickly indent each one with a thimble (just press on top). Put back into oven for a further 10 minutes. Cool and fill the slight depression with jam.

COFFEE BISCUITS

250 g flour
90 g sugar
125 g butter
2 tablespoons coffee essence
1 egg yolk

Cream butter and sugar, then add coffee essence, egg and flour. Roll and cut in rounds. Bake in 200° C oven for 10 minutes. When cool, join with coffee icing. Dust completed biscuits with icing sugar.

MOCK TEIGLACH

250 g dates
750 ml Rice Krispies
250 g coconut
1 dessertspoon butter
125 ml sugar
2 small eggs
½ teaspoon ground ginger or cut up preserved ginger

Put together in a saucepan chopped dates, sugar, butter and beaten eggs. Boil for 5 minutes until soft. Take off stove and pour over Rice Krispies mixed with half the coconut. Make into balls and roll in remaining coconut.

HEDGEHOGS

500 ml dates, cut fine
250 ml chopped walnuts
375 ml dessicated coconut
250 ml brown sugar
2 eggs
1 tablespoon melted butter

Mix in the order given, take a spoonful and roll in shredded coconut and bake 15 minutes at 180° C in a buttered tin.

BASIC BISCUIT DOUGH

500 ml flour
2 teaspoons baking powder
2 tablespoons sugar
1 teaspoon vanilla
125 g butter
2 eggs

Sift together the flour, baking powder, sugar and grate in butter. Mix well together and then add the vanilla essence and the slightly beaten eggs. Do not handle dough too much.

Make into any biscuit shapes, brush with egg white and sprinkle with sugar and bake in moderate oven — 190° C — till golden.

Use this dough to make Stuffed Monkeys, Date Rolls, Jam Sandwiches, and also bases for tarts and cheese cake.

CRUNCHIES

500 ml Quaker Oats
125 ml Post Toasties
125 g butter
3 tablespoons golden syrup
250 ml flour
125 ml coconut
2 tablespoons sugar
1 teaspoon bicarb.
Pinch of salt

Melt butter, syrup and bicarb. Mix together dry ingredients. Add melted butter etc. Stir into thick paste. Roll out and cut into shapes. Bake in moderate oven (150-180° C) for ½ hour.

DATE AND NUT CHEWS

250 ml chopped nuts
250 ml sugar
250 ml flour
250 ml dates
1 teaspoon baking powder
½ teaspoon salt
125 ml milk mixed with 1 beaten egg
1 teaspoon vanilla essence

Mix all dry ingredients together. Add milk and egg mixture with flavouring and bake in greased shallow tin for about 20 minutes at 200° C. While still hot, cut into squares.

CRUNCHY COCONUT BISCUITS

250 g butter
500 ml brown sugar
2 eggs
250 g flour
2 teaspoons baking powder
1 teaspoon vanilla
500 ml oats
500 ml Post Toasties
250 ml coconut

Cream butter and sugar, add eggs and then vanilla. Add other ingredients. Put on trays with teaspoon and flatten with fork. Decorate with cherries. Space well, as they spread. Bake at 180° C for 10 minutes.

DATE COOKIES

250 ml dates (stoned)
250 g butter
2 eggs
1 teaspoon vanilla essence
250 ml sugar
250 g flour
2 teaspoons baking powder
¼ teaspoon salt

Melt dates, add butter and sugar. Combine flour, salt and baking powder. Sift. Beat eggs, and add to date mixture. Mix well, add dry ingredients, and stir. Lastly add vanilla. Roll teaspoons of mixture in crushed Post Toastie crumbs. Drop on cookie sheet and bake in a moderate oven.

KOEKSISTERS

1 l flour
2 tablespoons butter
Pinch of salt
1 egg
1 tablespoon baking powder
300 ml water

Sift dry ingredients. Rub in butter, add beaten egg and water. Dough must be soft and stick to the hands. Knead about 10 minutes. Leave to stand for about 1 hour. Cover with a damp cloth. Roll out, cut into strips 75 mm long and 25 mm wide, cut into 3 and plait.

Syrup:

4 cups sugar
625 ml water

Boil for 15 minutes. Cool, add the juice of 1 lemon and the rind of 1 lemon. Put in fridge to get cold. Any other flavour such as vanilla can be added to syrup instead of lemon. Now bake the plaits in a pot of cooking oil till golden brown. Take out of the hot oil, put into the cold syrup immediately, submerging for about ½ minute. Take out and put on a plate. If possible, keep the syrup cold on a basin of ice while baking.

COCONUT SLICES

250 g flour
Pinch of salt
100 g butter
Apricot or raspberry jam
2 teaspoons baking powder
90 g sugar
1 egg

For Top:

60 g sugar
60 g coconut
1 egg

Sift flour, baking powder, sugar and salt. Rub in butter finely. Mix into firm dough with beaten egg, adding a little milk if necessary. Press dough into oblong greased tin and roll level. Spread top with jam. Beat egg and sugar for top, add coconut. Spread lightly on top of jam and sprinkle top with coconut. Bake about 20 minutes in moderate oven, 200° C. When cool, cut into fingers.

VANILLA HALF-MOONS

250 g flour
175 g butter
½ teaspoon vanilla
90 g grated cashew nuts
60 g icing sugar

Cream butter and sugar, add vanilla, flour and nuts. Cut into pieces as big as a walnut and form into half-moons by rolling in your hands. Bake in a cool oven — 160-180° C — to a light colour. Remove from oven and dip in castor sugar.

Recipe supplied by PAT JACOBSON

PARAVA BISCUITS

4 eggs
250 ml sugar
250 ml oil
Juice of ½ lemon
Juice of small orange
Grated rind of ½ lemon
3 teaspoons baking powder
½ teaspoon salt
Enough flour to make soft dough

Beat eggs and sugar well together. Add oil and beat till light and creamy. Add other ingredients and enough flour to make a soft dough. Roll out and cut into shapes.

Brush some with egg white and sprinkle with chopped nuts. Leave some plain to sandwich together after baking with melted bitter chocolate or jam. Bake biscuits in 180° C oven till light brown.

DOUGHNUTS

1 egg
5 tablespoons sugar
500 ml flour
2 heaped teaspoons baking powder
125 ml milk
1 teaspoon vanilla essence
4 tablespoons hot oil

Beat eggs and sugar. Add flour and baking powder with milk and vanilla. Add hot oil. Roll out dough and cut with a doughnut cutter.

Heat oil in a deep pan (⅔ full) and drop in doughnuts. Brown on both sides, drain on brown paper and roll in cinnamon and sugar while still hot.

BUTTERSCOTCH BISCUITS

425 g flour
½ teaspoon bicarb.
250 ml butter
1 teaspoon vanilla essence
1 teaspoon baking powder
450 ml brown sugar
2 eggs
250 ml shelled walnuts (or peanuts)

Cream butter and sugar, beat in eggs singly, add vanilla and chopped nuts. Sieve flour, baking powder and bicarb. and add. Mix into dough; wrap in greaseproof paper and chill until quite hard. Slice into biscuits 6 mm thick and bake in moderate oven until pale brown and crisp (10—15 minutes)

WALNUT BARS

Stage 1:

125 g butter
60 ml sugar
1 egg
300 ml flour
Pinch of salt

Cream butter and sugar. Add egg. Fold in flour and salt. Spread dough with your hands in 225 x 300 mm tin. Bake at 190° C for about 10-12 minutes.

Stage 2:

2 eggs
375 ml brown sugar
375 ml chopped walnuts
2 tablespoons flour
½ teaspoon baking powder
1 teaspoon vanilla essence

Combine all the above ingredients and spread over the baked pastry. Bake at 190° C for about 15-20 minutes. When cold, spread with icing made from 375 ml icing sugar mixed with juice of lemon. Cut into squares.

CHEESE DELIGHT

Marie biscuits
250 g cream cheese
1 egg
1 dessertspoon custard
2 tablespoons cream
2 dessertspoons sugar
Pinch salt

Place marie biscuits on a greased cookie sheet. Beat egg and mix in all other ingredients well. Place spoonful of cheese mixture on each biscuit, sprinkle with crushed Post Toasties and cinnamon. Bake for 10 minutes in 200° C oven.

PLAIN BUTTER BISCUITS

375 g flour
250 g sugar
Pinch of salt
2 eggs
125 g cornflour or maizena
125 g butter
1½ teaspoons baking powder
1 teaspoon vanilla

Mix all dry ingredients. Rub in butter. Add beaten eggs. Roll out, not too thin, sprinkle with sugar. Add a handful of coconut if desired. Bake in moderate oven.

TOFFEE NUT BARS

Bottom layer:

125 g butter
125 ml brown sugar
250 ml sifted flour

Mix thoroughly the butter and sugar, stir in flour. Spread with a knife to cover bottom of ungreased 325 x 225 mm pan. Bake for 10 minutes at 180° C.

Almond Coconut Topping:

250 ml brown sugar
1 teaspoon vanilla
2 tablespoons flour
1 teaspoon baking powder
½ teaspoon salt
250 ml moist shredded coconut
250 ml chopped nuts

Beat 2 eggs well and stir in all the above ingredients. Spread mixture over already cooked bottom layer. Return to oven and bake for 25 minutes until topping is golden brown. Cool slightly and cut into squares.

Recipe supplied by PAT JACOBSON

RICE CRISPIE BISCUITS

500 g dates (chopped)
140 g sugar
250 g butter

Boil for 5 minutes

Take off stove and beat in one 300 g packet Rice Crispies. Sprinkle bottom of flat dish with coconut, pat in mixture flat and sprinkle coconut on top. Cut into squares when cold.

Recipe supplied by EVE BARRIS

VAN DER SPUYTJIES

250 ml flour
125 g butter
60 g sugar
pinch salt
1 egg
1 teasp. baking powder

Rub butter into flour and other dry ingredients. Mix with beaten egg and knead well. Roll out thinly and cut with egg cup and place over walnut shell or similar shape (greased). painted with melted butter and sprinkled with ground cinnamon mixed with castor sugar.

Filling:

500 ml beaten cream
125 ml finely chopped walnuts
125 ml finely cut cherries
125 ml mixed peel
125 ml finely cut other dried fruit
125 ml chopped crystallised ginger

After baking shells and allowing to cool, fill with mixture and cream.

These are absolutely delicious.

Recipe supplied by JOYCE MICHAELSON
Bethlehem

PEANUT MERINGUES

2 egg whites
250 g post toasties
120 g shelled peanuts
7 g salt
120 g sugar

Beat whites after adding salt. Add sugar slowly. Fold in nuts and post toasties. Spoon onto greased baking sheet. Bake 140° C for 25 minutes.

Recipe supplied by EVE BARRIS

COOKIE-MAKER BISCUITS

Cream well together 250 g butter with 250 g sugar. Add 2 eggs — one at a time.

Sift together 1 l flour with 1 teaspoon bicarb. of soda, 1 teaspoon cream of tartar, ½ teaspoon cinnamon, 1 teaspoon ginger and 1 teaspoon Nescafe.

Add the dry ingredients to the butter-egg mixture and mix well.

Force through cookie maker straight onto a lightly greased baking sheet and bake at 190° C till set and lightly browned.

GINGER DELIGHTS

300 g flour
250 g butter
250 ml sugar
Salt
1 tablespoon ginger (ground)
1 egg
1 teaspoon baking powder
9 pieces preserved ginger
12 cherries

Melt butter. Add flour, sugar and other dry ingredients. Beat eggs separately and add to mixture. Add ginger pieces and cherries cut into fine pieces. Press dough into a greased tin 400 x 250 mm and bake in 200° C oven for 20 minutes. While still hot, ice with lemon juice and icing sugar mixed to a thick paste. Allow to cool and then cut into squares.

BASIC COOKIE-MAKER BISCUITS

Cream well together 250 g butter with 250 ml sugar. Add 2 eggs, one at a time and beat well. Sift together 425 g flour with 1 teaspoon baking powder and a pinch of salt. Mix into butter and egg mixture with the grated rind of a large orange.

These biscuits hold their shape well when forced through a cookie press. Decorate as desired with cherries or nuts, and bake at 200° C till golden. Biscuits may also be sandwiched together with jam while still hot, or when cold they may be paired together with orange icing as follows:

Orange Icing:

3 tablespoons butter
250 g icing sugar
1 tablespoon orange juice
Grated rind of 1 orange
1 egg white

Cream butter till soft and light. Gradually add icing sugar, beating well all the time. Add orange juice, rind and fold in egg white. Mix well and use to sandwich biscuits together or for icing cakes.

NUTTIES

250 g butter
3 heaped tablespoons sugar
Pinch of salt
1 box Nutties
1 egg
2 teaspoons baking powder
250 g flour

Cream butter and sugar, add egg. Add sifted flour, baking powder and salt. Mix to a firm dough. Roll a little dough around each Nuttie, covering completely. Bake in 190° C oven for 8—10 minutes.

Recipe supplied by PAT JACOBSON

ALMOND DAINTIES

125 ml butter
125 ml castor sugar
1 egg
½ teaspoon vanilla essence
1 teaspoon almond essence
2 teaspoons brandy
300 ml flour
60 ml ground almonds

Cream butter and sugar, add beaten egg, flavouring and brandy. Add flour with ground almonds, mix and place in fridge till firm. Pipe onto a greased baking sheet in rosette shapes and bake at 200° C for 10 minutes, approximately.

While still hot, sandwich together with smooth jam, and when cold dip each sandwich biscuit half way in melted bournville chocolate and then into chocolate vermicelli.

STUFFED MONKEYS

375 ml sifted flour
200 g sugar
250 g butter
½ beaten egg with ½ teaspoon vanilla
1 teaspoon baking powder

Sift flour and sugar together, but in butter until mixture looks like crumbs. Add beaten egg and vanilla and knead into dough. Roll out on a floured board and use according to requirements. For stuffed monkeys, roll into a large oblong, spread with filling and cut into thin slices and bake on greased pan at 190° C till light brown.

Filling:

250 g each currants, sultanas, raisins
60 g finely chopped mixed peel
1 teaspoon grated lemon rind
2 teaspoons mixed spice
2 tablespoons brandy
60 ml chopped nuts
1 tablespoon apricot jam

STREUSEL BISCUITS

250 g flour
125 g butter
2 tablespoons sugar
2 teaspoons baking powder
1 teaspoon vanilla essence
1 egg

Top Coating:

3 tablespoons flour
3 tablespoons butter
3 tablespoons sugar
1 tablespoon cinnamon
Jam

Rub butter and sugar together well, add egg and gradually add sifted flour mixed with baking powder. Mix to a firm dough and roll out fairly thin into a square. Spread with jam (apricot) and sprinkle thickly with all the top coating ingredients mix together. Bake in 180-190° C oven for about ¾ hour. Cut into squares while hot.

JAPONNAISE TARTS

175 g castor sugar
175 g ground almonds
3 egg whites
Coffee flavoured butter icing

Grease and line a small swiss roll tin. Beat egg whites till stiff, fold in sugar and ground almonds. Place this mixture in the prepared tin and bake at 180° C till almost set. Remove from oven and quickly mark into rounds with 40 mm cutter. Replace in oven and bake till brown and crisp. Remove the rounds carefully and place on a rack to cool. Replace the trimmings in the oven to brown a little more.

Spread half the rounds with coffee butter icing and cover with the other rounds. Spread icing on the top and sides of sandwiched rounds and roll in the crumbled trimmings. Crush trimmings very fine. Pipe a rosette of icing in centre of each and garnish with a maraschino cherry.

DATE AND WALNUT BISCUITS (Parava)

375 g dates
250 ml chopped walnuts
60 g flour
2 eggs
125 g castor sugar
2 teaspoons baking powder
1 teaspoon vanilla

Beat eggs and sugar till thick and creamy. Add vanilla, flour and baking powder and fold in well.

Pat into 200 x 200 mm square pan or 300 x 175 mm oblong pan, which has been slightly greased with oil. Bake for 20 minutes in 160° C oven. Cut into squares while still warm.

TEIGLACH

Beat only slightly 6 eggs with 1 tablespoon oil, 1 tablespoon brandy and a pinch of salt. Add enough flour to make a firm pliable dough. Knead very well and shape into rings.

Syrup:

1 kg syrup
600 g sugar
625 ml water

Bring to boil and add teiglach. Close pot and boil on high for 5 minutes and then on medium-high for 30 minutes, without lifting lid. Open pot and stir teiglach for another 30 minutes. When done — teiglach holds shape when taken from pot and left for a moment on a plate — add 500 ml boiling water and a heaped tablespoon ginger and stir. Remove from heat and remove teiglach from syrup. If desired, roll in chopped walnuts or coconut. May also be left plain.

STRAWBERRY TARTLETS

Pastry:

200 g flour
30 g cornflour
Pinch salt
150 g butter
1 tablespoon castor sugar

Sift flour, cornflour, salt and sugar. Rub in butter finely. Make into a ball and place in greaseproof paper in fridge for ½ hour before using. Roll out thinly, cut into rounds and line patty tins, greased and lightly floured, with rounds of pastry.

Prick bottoms and bake in hot oven — 200° C — till light brown. This takes about 20 minutes. Remove from patty tins when cool and fill with the following filling when cold:

Filling:

500 g strawberries
60 g castor sugar
15 g cornflour
2 teaspoons lemon juice
1 dessertspoon brandy
Whipped Cream

Fill the tartlets with the best strawberries and sprinkle them with castor sugar. Sieve the rest of the berries into a saucepan and add castor sugar to taste. Make up quantity to 300 ml with water if there is not sufficient berry puree. Mix cornflour with a little of this puree and put the rest on to heat. Add the cornflour and cook, stirring all the time, for 3 minutes. Add lemon juice and brandy. Pour over strawberries in tartlets and when set, pipe a rosette of whipped cream on each.

WALNUT DELIGHTS

Pastry:

Cream 125 g butter with 60 ml sugar. Add 1 beaten egg. Fold in 300 ml flour sifted with a pinch of salt. Spread this dough into a greased baking tin 300 x 225 mm and bake in 190° C oven for 12 minutes. It is easier to spread dough lightly into tin with hands.

Filling: Mix together:

375 ml brown sugar
375 ml chopped walnuts
2 tablespoons flour
½ teaspoon baking powder
1 teaspoon vanilla
2 beaten eggs

Spread this filling over baked base and bake for a further 20 minutes. Remove from oven and allow to cool in pan. When cold, spread with icing made by mixing 375 ml icing sugar with sufficient lemon juice to make a spreading consistency (usually one lemon). When icing has set, cut with a sharp knife into squares.

ALMOND FINGERS

Short Bread Portion:

250 g flour
60 g sugar
1 teaspoon baking powder
125 g butter
1 yolk of egg

Mix and make like shortbread. Press into dish thinly.

Icing Portion:

Beat 1 white of egg with 125 g icing sugar. Spread on shortbread and place almonds on top. Bake until light brown. Cut into fingers when hot and lift out when cold.

GINGER SHORTBREAD

125 g butter
1 egg
250 g flour
2 teaspoons baking powder
200 ml castor sugar
6 pieces of ginger, cut finely, plus 2 tablespoons ginger syrup
6 cherries, cut finely

Mix together flour, baking powder and castor sugar. Melt butter and add together with beaten egg and ginger syrup. Add ginger and cherries. Spread in swiss roll tin and bake in 180° C oven till golden brown, (about 25 minutes). May be iced with water icing and then cut in squares.

GINGER RUSKS

2 eggs
125 ml sugar
125 ml syrup
250 g butter
2 teaspoons ginger
½ teaspoon mixed spice
2 teaspoons bicarb.
1 tablespoon oil
500 g flour
125 ml chopped walnuts

Cream butter and sugar. Add oil and syrup. Add eggs, one at a time. Add spices and lastly the flour sifted with the bicarb. Add nuts. Divide dough into four long rolls. Place on buttered baking sheet and flatten slightly with a fork. Brush with yolk of egg, sprinkle with cinnamon and sugar and chopped nuts. Bake at 190° C for about 20 minutes. Remove from oven, cut into rusks and replace in cooled oven to dry.

CUSTARD KISSES

125 g butter
125 ml castor sugar
250 ml flour
125 g custard powder
1 teaspoon baking powder
2 eggs

Cream butter and sugar well together. Add eggs and beat. Add sifted dry ingredients. Place teaspoonfuls on greased and floured baking sheet, trying to make the shape of peaks. Bake for 8 minutes in 200° C oven. Allow to cool and sandwich together with the following icing:

Butter Icing:

75 g chocolate (Bournville)
1 tablespoon butter
1 unbeaten egg white
500 ml icing sugar
2 tablespoons cream

Melt chocolate with butter; put egg white into a shallow dish, add icing sugar slowly, beating till light and smooth. Add chocolate-butter mixture and enough cream to make a firm icing. (You may find that you will need less cream or a little more, depending on the moisture in the air and the water content of the melted chocolate and butter.)

SAWA COOKIE PRESS BISCUITS

375 g butter
1 egg
½ teaspoon baking powder
200 ml castor sugar
500 g flour
1 teaspoon vanilla or lemon essence

Cream butter and sugar well, add essence. Add egg, flour and baking powder, blend well. Bake until a delicate golden brown in 220° C oven.

KREMLERS

500 g flour
250 ml thick cream
250 g butter

Mix flour and butter as for pastry, add cream. Knead a little to bind. Take a small piece, roll in a snake about 100 x 15 mm and roll in sugar. Twist into a figure of eight, and place on a baking sheet. Bake in a moderate oven for a few minutes until golden brown. Delicious, but do not travel well as they are very short.

ALMOND BISCUITS

125 g blanched and shredded almonds
125 g butter
1 tablespoon sugar
7 tablespoons flour
1 egg
300 ml icing sugar

Cream butter and sugar. Add yolk of egg and mix well into butter and sugar. Add flour and roll out into a thin pastry. Beat white of egg stiffly, add icing sugar and almonds. Spread rolled pastry into a greased swiss roll tin, and spread with almond mixture. Mark into fingers in pan and bake in moderate oven till pale brown. Cut again while hot and allow to cool in tin. Then remove fingers from tin.

JAM PUFFS

500 g flour
500 g butter
Pinch salt
1 level teaspoon cream of tartar
12 tablespoons iced water
2 tablespoons brandy

Grate butter into the flour and add salt. Add cream of tartar. Add the iced water and brandy to the flour and butter with a knife and work into a dough. Divide dough into three and roll each piece between paper lightly and fold over into a package (in the paper). Leave in fridge overnight.

The next day roll pastry on a lightly floured board. Roll away from you very lightly into an oblong and fold in two. Turn and roll and fold again four times. If necessary, sprinkle a little flour while rolling. Take care that the rolling is very light as the pastry must not be pressed. After final rolling and folding, roll pastry into a thin layer and cut into rounds with a glass. Paint the edges with water, place a little jam (smooth apricot or Satsuma plum) in centre and fold over. Press down all round with a fork and prick each pastry 2 or 3 times.

Brush with beaten egg mixed with a little water and sprinkle with sugar. Place on floured sheet and bake at 230° C for about 20 minutes — till pale brown.

SHORTBREAD

250 ml icing sugar
250 ml maizena
250 ml coconut
350 g flour
500 g butter
Vanilla essence

Cream butter with other ingredients. Knead all together. Place in baking pan which has been buttered and floured, and prick with a fork all over. Bake at 180° C for 45 minutes. Dough should be about an inch thick when pressed into pan, as these biscuits are best when not too thin.

BON-BON BISCUITS

125 g butter
125 ml brown sugar
1½ teaspoons vanilla essence
1 tablespoon cold water
375 ml flour

Ingredients for fillings:

Cherries stuffed with nuts
Bitter chocoate and pieces of ginger
Bitter chocolate and nuts
Dates
Etc. etc.

Cream butter with sugar. Add vanilla, cold water and flour. Mix into a stiff dough. Wrap level teaspoons of dough round the pieces of filling, making small round balls with the fillings completely enclosed. Bake in 180° C oven for 15 minutes, till set. When still warm, dip in the following icing.

Glaze for top:

250 ml icing sugar
2 tablespoons cream
1 tablespoon vanilla essence
Food colouring, if desired

When bon-bon biscuits are all glazed, they may be decorated with a rosette of icing made as follows:

Icing for top:

½ egg yolk
1 teaspoon hot water
Sufficient icing sugar for a firm piping icing

The biscuits may just be dipped in vermicelli or coconut after the first glazing. Cool thoroughly before storing.

NO-BAKE BISCUITS

Melt 175 g butter with 250 ml sugar till boiling, and keep stirring. Add 250 g cut up dates to mixture and stir well. Add beaten egg and let mixture boil. Add 1 packet crushed Marie biscuits. Roll into small balls and roll in coconut.

RUSSIAN NUT COOKIES

250 g butter
375 g flour
250 g sugar
250 g ground mixed nuts
1 teaspoon baking powder

Cream butter and sugar together. Add sifted flour and baking powder. Add nuts. Form into half-moons or balls and flatten onto baking sheet with fork. Bake at 150° C being careful that they don't catch, for about 20 minutes. While still warm, roll in icing sugar. (Icing sugar may be flavoured with vanilla bean if desired).

DUTCH BUTTER BISCUITS

300 g flour
250 ml sugar
250 g soft butter
1 egg yolk
Chopped ginger and cashew nuts

Rub all together to form firm dough. (Leave some nuts and ginger to sprinkle on top.) Pat into swiss roll tin. Beat egg white and paint over top, then sprinkle with nuts and ginger. Divide into squares with knife. Bake at 180° C for 25—30 minutes. Re-mark with knife when out of oven and when cool remove squares from tin.

WALNUT AND STRAWBERRY SQUARES

Base:

190 ml flour
80 ml butter
Pinch salt
1 tablespoon milk
1 tablespoon sugar

Sift flour, salt and sugar. Rub in butter and mix to a pastry with the milk. Spread thinly in a greased biscuit tin and bake in moderate oven (180° C) for 12-15 minutes till light brown.

Topping:

1 egg
Pinch salt
¼ teaspoon vanilla essence
125 ml brown sugar
1 tablespoon flour
¼ teaspoon baking powder
60 ml coconut
200 ml chopped walnuts

Beat egg lightly and add sugar, flour, baking powder and salt. Stir in nuts and coconut and flavour with vanilla. Spread baked crust thinly with strawberry jam, then with nut mixture. Return to oven (same temperature) till light brown. This will take about 15 to 20 minutes. Cool and then cut in squares.

BRANDY SNAPS

Melt 60 g butter with 60 g brown sugar, and 60 g golden syrup. While hot, remove from fire and sift in 60 g flour and ½ teaspoon ground ginger. Mix well and add 1 teaspoon brandy. Have ready greased and floured baking sheets. Keep mixture warm while working with it. Put 3 or 4 teaspoonfuls on each sheet, in little heaps (they spread a lot). Bake in moderate oven for 5 minutes, when they will have flattened onto sheets. Lift off sheets while hot, roll round handle of wooden spoon into cone shapes. Leave to cool and harden. Fill with sweetened whipped cream, flavoured with vanilla.

FRUIT MERINGUES

Put through a mincer 200 ml dates, 125 ml nuts, 60 ml glace cherries and 60 ml coconut. Make a meringue with: 2 egg whites, ½ teaspoon vanilla and 10 tablespoons castor sugar.

Make fruit mixture into balls, dip in meringue and bake at 100-120° C till set.

NUT PUFFS

125 g butter
2 tablespoons sugar
1 teaspoon vanilla
250 ml chopped nuts
250 ml flour

Cream butter. Add sugar. Beat until smooth and creamy. Add vanilla and nuts. Sift in flour. Roll dough into small balls and flatten after placing on greased baking sheet. Bake at 150° C for about 45 minutes. Roll in confectioners sugar while still hot.

PRALINES
(Chocolate covered sponge squares)

Hot milk sponge slab cut into 50 mm squares.

Icing:

60 g butter
250 g icing sugar
150 ml cream
1 teaspoon vanilla
250 ml blanched, browned and chopped almonds

Cream butter and add some of the icing sugar. Add cream and beat well. Add rest of icing sugar and the vanilla. Flavour with a heaped teaspoon of Nescafé mixed with a teaspoon of warm water. Cover squares of cake completely with icing and sprinkle with chopped almonds, or, flavour icing with rum and cover with toasted coconut.

BEETLE BISCUITS

Melt, and brown slowly 250 g butter. When cool, add 250 g sugar and 1 teaspoon vanilla. Place in fridge till hardened. Add 375 g flour and 1 teaspoon baking powder and mix well.

Scoop dough into a teaspoon and ease out gently. See that dough holds shape of teaspoon and leave on baking sheet to harden. (The longer left the better).

Bake in 180° C oven for about 20 minutes. When cool, dip in the following icing glaze. Dip only the tip of one side of the biscuit to look like a beetle's back.

Chocolate Icing Glaze:

Melt 90 g bitter chocolate, 1 tablespoon butter, 2-3 tablespoons water.

N.B. Allow icing to set properly before storing biscuits in tin.

LEMON CREAMS

3 heaped tablespoons sugar
250 g butter
125 ml cornflour
375 ml flour
1 egg
1 teaspoon baking powder

Rub butter and flour together. Turn onto a board and gradually knead in the rest of the ingredients. Knead until soft and pliable. Form small balls and press flat (criss-cross with fork). Bake on greased pan for 10 minutes. Oven at 180-190° C. Sandwich when cold with the following filling:

Lemon filling:

375 ml icing sugar
60 g butter or cream
Beat these well until fluffy.
Lemon juice to taste

CHOCOLATE CHIP BISCUITS

125 g butter
1 egg
90 ml brown sugar
90 ml white sugar
½ teaspoon bicarb.
½ teaspoon boiling water
300 ml sifted flour
1 slab Bournville chocolate (large)
125 ml chopped walnuts
½ teaspoon vanilla

Cream butter and sugar. Add well beaten egg and vanilla. Mix bicarb. with boiling water and add to mixture. Add flour gradually and lastly chocolate which has been chipped into quarter squares, and mix well. Add nuts. Put teaspoonsful of mixture onto greased baking sheet 50 mm apart. Bake at 200° C for about 10 minutes till light brown.

DATE TWISTS

Combine in saucepan:

250 ml dates, cut
60 ml walnuts, finely chopped
1 teaspoon grated orange rind
125 ml liquid (juice of 1 orange plus water)

Cook until dates are soft. Cool.

Sift together 300 g cups sifted flour and 1¼ teaspoons salt into large mixing bowl. Cut in 200 ml butter until particles are fine. Combine 60 ml orange juice and 60 ml water, sprinkle over mixture, stirring with fork until dough is moist enough to hold together. Form into ball.

Roll out on floured surface to an 450 x 400 mm rectangle. Spread date mixture over half of pastry along 400 mm side. Fold over other half.

Cut with fancy edge pastry cutter into 100 x 40 mm strips. Twist in centre to form a "bow tie".

Brush with milk and sprinkle with sugar. Bake on ungreased baking sheet, at 220° C for 15-20 minutes.

MAPLE BISCUITS

175 g flour
30 g rice flour
30 g ground almonds
125 g butter
90 g castor sugar

Mix dry ingredients, add butter in small pieces. Knead mixture. Roll out and cut into small rounds. Bake in moderate oven. When cool, sandwich together with icing.

Icing:

60 g brown sugar
90 g icing sugar
30 g butter
1 teaspoon water

Melt butter with icing sugar, add brown sugar. Mix well.

SCOTCH SHORTBREAD

250 g flour
60 ml cornflour
Pinch salt
125 g castor sugar

Sift above ingredients together and then rub in 250 g butter. Pat into biscuit tray and mark into 25 mm strips and prick with fork. Bake in moderate oven (160° C) till creamy in colour (about 20 minutes.) Sprinkle with castor sugar while still warm. Re-mark lines and allow to cool before removing from pan.

Etcetera, Etcetera

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PARKER HOUSE ROLLS

Cream 1 cake of yeast with 1 teaspoon castor sugar. Add 80 ml tepid water and leave for a few moments. In a second cup put 1 heaped teaspoon butter and 2 teaspoons castor sugar. Add 125 ml boiling water and stir until melted. Fill cup with cold water. Into a bowl sift 500 g flour and ½ teaspoon salt.

Beat up 1 egg and add the mixtures from the 500 ml. Beat well. Make a well in the centre of your flour and add the liquid to this. Mix and knead until the mixture leaves the side of the bowl. Cover with a plate and place in the refrigerator. Leave overnight. The next morning, remove from the refrigerator and place in a warm place to rise until double the bulk. (The warming oven is useful.) Set the oven at 230° C and switch on. Knead the dough and roll out with rolling pin to about 20 mm in thickness. Cut into rounds with a pastry cutter. With the back of a knife make an indentation across the centre of each round, brush with melted butter, and fold over in half along the line of indentation. Place on a greased baking tin, cover with a towel and leave to rise again for 10—15 minutes.

Bake in oven at 230° C, with both switches turned off for 10 minutes, or until done. If set overnight, these rolls are ready in time for breakfast in the morning. If set during the day, leave to rise 2 hours before making up.

BUTTERSCOTCH BUNS

Heat 625 ml cups milk to simmering point. Add 125 ml butter and remove from heat, stirring to melt butter. Combine 2 packets yeast and 125 ml sugar. When milk and butter mixture is lukewarm, stir in yeast mixture. Beat 2 eggs till frothy and work into the yeast mixture together with 1,75 l flour and 2½ teaspoons salt, to form soft dough. Sprinkle dough with flour, shape into a ball in mixing bowl, cover and chill in fridge overnight. Next morning, remove from fridge and let stand at room temperature for 3 hours.

Glaze:

Mix 500 ml brown sugar with 125 ml softened butter and 5 tablespoons syrup.

Make dough into strips and roll into oblongs, sprinkle with cinnamon and spread with butter and roll up and cut into buns. Put ½ teaspoon glaze into greased patty pans and place one roll in each. Cover and let rise to double in bulk.

Bake at 200° C for 12-15 minutes. Glaze will bubble up round bun. Turn upside-down, cool and serve.

CINNAMON BUNS

500 ml flour
4 teasp. baking powder
½ teasp. salt
125 g margarine
Plus 3 tablesp. margarine
160 ml milk
1 egg
125 ml brown sugar mixed with enough cinnamon

Sift dry ingredients. Add nuts of margarine into this. Beat egg and add milk to make dough pliable. Roll dough on slightly floured board to thickness of 6 mm. Spread with melted 3 tablespoons margarine. Sprinkle with brown sugar and cinnamon (and fruit if desired). Roll up as for Swiss Roll and cut into 12 mm slices. Place standing cut ends up in a very well greased deep patty tin. Bake at 190° C for about 20-30 minutes.

Recipe supplied by MARIANNE CHASEN

ASPARAGUS MOULD

(serves 6)

1,5 l soufflé dish
20 g stale, white breadcrumbs

Preheat oven to 160° C. Oil the dish. Roll breadcrumbs in it to cover the entire inner surface. Knock out excess crumbs.

60 g finely chopped onions
15 g butter

Cook the onions slowly in the butter for about 10 minutes, just until transparent.

Pinch pepper
¼ teasp. salt
60 g grated sharp cheddar cheese
60 g breadcrumbs
5 eggs

300 ml milk brought to the boil with 60 g butter. Scrape onions into a mixing bowl. Stir in seasonings, cheese and breadcrumbs. Beat in eggs. In a thin stream of drops beat in hot milk and butter.

Cut up 2 tins of asparagus spears into 15 mm pieces. Fold into custard mixture. The above may be prepared several hours in advance.

Turn custard into prepared soufflé dish and place dish in a tin of boiling water. Bake in lower part of oven for 35-40 minutes. Make sure your water remains below simmering point, otherwise turn oven down slightly. Custard is done when a knife, plunged through the centre, comes out clean. Remove dish from water and allow to settle for 5 minutes. Run a knife around edge of custard and reverse onto a warmed serving platter.

This soufflé may remain unmoulded in its tin of hot water, reheating the water from time to time. Unmould when ready to serve. This may be served with hot cheese sauce to be poured separately.

Recipe supplied by PAT JACOBSON

MILK BUNS

250 g butter
2 tablespoons oil
250 ml sugar
1 dessertspoon salt
600 ml milk
4 eggs
60 g yeast
Flour

Dissolve yeast in a little lukewarm water. Add a little flour to make a paste. Add butter to milk and melt, but do not allow this mixture to get hot — only lukewarm. Cream eggs with sugar. Mix all the ingredients and add enough flour (approximately 1 kg) to make a soft dough. Beat well and leave overnight to rise. Roll out and spread with soft butter, cinnamon, sugar and raisins. Cut into slices and place each slice in a patty tin. Allow to rise till double in bulk, brush with beaten egg and bake for approximately 20 minutes in 180° C oven.

EASY REFRIGERATOR ROLLS

500 ml warm water (not hot, 45-50° C)
2 pkgs. active dry yeast
125 ml sugar
2 teaspoons salt
60 ml soft shortening
1 egg
1,5-1,75 ml sifted flour

Measure water into bowl. Add yeast, stirring to dissolve. Stir in sugar, salt, shortening and egg. Mix in flour but do not knead.

Almost any dough can be kept in fridge. Dough must be put in fridge immediately after mixing, or it may be allowed to rise once, punched down, and then put in fridge. Then it must be punched down occasionally as it rises.

Grease top of dough well and cover with waxed paper or refrigerator cover, then with a damp cloth, which must be kept damp. Cut off as much dough as is required for baking and replace remainder of dough in fridge. Shape into rolls. Allow to double (1½-2 hours). Bake in a 200° C oven for 12-15 minutes.

WELSH RAREBIT

250 g strong cheddar cheese
60 ml beer
1 teaspoon Worcester sauce
½ teaspoon dry mustard
Pinch of cayenne pepper

Mix beer with seasonings in top of double boiler. When hot, stir in the grated cheese and allow to melt. Stir occasionally. When melted and bubbling, serve on hot toast, sprinkled with paprika.

MILCHICKE
(Yeast Buns)

Soak 2 cakes yeast in 125 ml lukewarm milk. When dissolved, add 250 ml sifted flour, 1 teaspoon sugar and ½ teaspoon salt. Place in a warm place to rise. (Not hot).

Cream together 250 g butter and 250 ml sugar. Add 3 eggs, 1,5 l flour, 1 glass of milk, and 1 teaspoon salt. Mix until light, then stir in the risen yeast mixture. If necessary add more flour, but the dough must be as soft as possible. It should just stick to the fingers. Knead very well for about 10 minutes. Set aside to rise overnight. Next morning make into shapes — roll as for swiss roll with cinnamon, sugar and melted butter — and let rise again very well before baking in a 180° C oven. Any other shapes may be made with this dough as desired.

Just before the buns have been completely baked, remove from oven and quickly brush with a mixture of orange juice and icing sugar (running consistency) and put back in oven to complete baking.

PARAVA SHORT PASTRY

500 ml flour
½ teaspoon salt
1 teaspoon baking powder
150 g margarine or purene

Sift flour, baking powder and salt. Grate in shortening and rub together with flour mixture. Form into a firm dough with a little water worked into flour, etc. with a knife. Mix till it forms a dough. Roll out into a thin sheet and use for meat pies, sausage rolls, etc. This dough to be baked at 230° C till light brown.

PARAVA FLAKY PASTRY

500 g flour
375 g purene or margarine
½ teaspoon salt
1 tablespoon lemon juice
Iced water

Grate ⅓ of the shortening into the flour, which has been mixed with the salt. With a knife, stir in sufficient iced water to make a stiff dough, with the lemon juice. Divide the remaining shortening into three and grate one part onto the pastry, which has been rolled out at about 15 mm thick. Fold pastry into three, turn and roll into another oblong 15 mm thick. Repeat with the other two parts of shortening, folding and rolling in three each time. This may be kept in the fridge till required.

Use this pastry for sausage rolls, perogen, savouries and parava tarts. Bake in 240° C oven till pale golden.

PIZZA

Pastry (flaky)

250 g purene
180 g flour
125 ml boiling water
pinch salt

Grate purene into flour and salt. Pour over boiling water and immediately wrap in fridge.

Filling

250 g grated cheddar cheese
1 small tin tomato puree
pinch black pepper
2 flat tins anchovy fillets
stuffed olives
salt

Roll out dough, fit into oven-proof dish. Pour over tomato puree and spread evenly the salt, pepper and cheese. Lattice work with anchovy fillets and stud with olives.

Recipe supplied by Eve Barris

WHOLE ORANGE PRESERVE

3 kg oranges. Grate off outer layer of skin and cut in half. To a pot of hot water add 1 pkt. bicarb. Add oranges, press down with a plate and leave overnight. Rinse in cold water.

Bring large pot of water to fast boil and add oranges and cook until soft — approximately 3½ hours. Prick with match to test. Drain off water and place on cloth to dry. Boil 24 cups water — add 3 kg sugar before boiling point and mix very well to dissolve.

Add oranges and bring to rapid boil — remove lid. Boil on highest heat for 2-3 hours until syrup is correct consistency. Add 2 tablespoons lemon juice after 1½ hours.

Recipe supplied by JOYCE MICHAELSON
Bethlehem

HUNGARIAN CHEESE

250 g cream cheese
180 g butter
3-4 anchovy fillets
1 teasp. paprika
½ teasp. mustard
½ teasp. caraway seeds
1 teasp. grated onion
1 teasp. chopped capers
½ teasp. salt

Blend the cheese with the butter and add the anchovies, finely chopped and the rest of the ingredients. Mix well, put into a mould and chill. Serve on ryebread or pumpernickle.

Recipe supplied by RUTH ISENBERG

REFRIGERATOR ROLLS

2 cakes yeast	60 ml sugar
60 ml lukewarm water	125 ml shortening
250 ml milk	600 g sifted flour
1½ teaspoons salt	3 beaten eggs

Soften yeast in lukewarm water. Scald milk, add salt, sugar and shortening and cool. Add 250 g flour and beat well. Add yeast and beaten eggs and blend well. Add remaining flour and make into a soft dough. Turn out onto a lightly floured board and knead until satiny. Place in a lightly greased bowl, cover and let rise in a warm place until double in bulk. Punch down, form into a smooth ball, grease surface lightly, cover and place in fridge. This dough may be kept for several days. When required, remove dough from fridge and punch down. Shape into desired shapes, place in greased pans and allow to rise till double in bulk. Bake in hot oven — 220° C — for 15-20 minutes.

A small portion of dough may be removed from fridge and the rest left for another occasion, if desired. Rolls may be brushed with beaten egg and sprinkled with poppy seed, caraway seed or sesame seed, as desired. (Before baking, but after rising.)

CHEESE FONDUE

Requirements:

One chafing dish or earthenware casserole and an alcohol stove with an adjustable flame. An electric plate or a gas stove are just as suitable. Fondue forks. One French loaf broken into bite sized pieces. Ingredients: For four people.

500 g cheese (preferably gruyere)	500 ml dry white wine, Riesling type
3 tablespoons flour	Salt, pepper and nutmeg to taste
2 cloves crushed garlic	

If ordinary cheese is used, 6 tablespoons of Kirschwasser will improve the flavour immensely.

Dredge cheese with flour and rub the cooking utensil with crushed garlic. Pour in the wine and set over low flame (in kitchen). When the wine is heated to the point that air bubbles start rising to surface (never boil) stir in the cheese by handfuls taking care that the cheese is dissolved before more is added. Keep stirring till mixture starts to bubble slightly. Add the salt, pepper and a dash of nutmeg.

Finally add Kirschwasser (optional) and remove from stove and bring to table where your prepared heated table stove is ready. Dip pieces of french bread in fondue and stir each time. Fondue should keep bubbling lightly all the time.

IDEAL MILK CINNAMON BUNS

250 g butter
200 ml sugar
3 eggs
600 g flour
1 teaspoon salt
1 tin unsweetened Ideal milk
2 cakes yeast

Cream butter and sugar. Add eggs, one at a time, and mix well. Warm milk to lukewarm and dissolve yeast in it. Add to butter mixture. Add flour and salt. Mix to a dough. Dampen a large serviette and sprinkle lightly with flour. Fold dough in serviette loosely and place in bowl in fridge overnight.

Shape into an oblong, sprinkle with cinnamon, sugar and fruits. Roll up and cut into 15 mm slices. Allow to rise till double in bulk. Brush with egg and water and bake at 190° C oven for 20 minutes.

This dough may be made into any "milcheke" shapes and baked after rising to double in bulk.

DANISH TARTLETS

125 ml milk
½ teaspoon salt
5 tablespoons butter
3 egg yolks
3 tablespoons sugar
250 g flour
½ cake yeast

Scald the milk and cool until just lukewarm. Crumble the yeast into the milk and stir in the sugar, salt and 125 ml of the flour. Beat well, cover and leave to rise. When light and spongy, add the well-beaten egg yolks, the butter and the rest of the flour. Again cover and leave to rise until twice the original size. Roll out on a floured board to a thickness of approximately 15 mm. Cut into squares of about 65-75 mm. Place a little nut filling on each piece, bring the corners together and press down well. Place on a greased baking sheet and brush with a little melted butter. Cover and leave to rise again until spongy. Bake in a hot oven for 20 minutes.

MUFFINS

5 tablespoons melted butter
12 tablespoons flour
5 tablespoons sugar
5 teaspoons baking powder
2 eggs
125 ml milk

Sift together the dry ingredients. Add melted butter and then the beaten eggs and milk. Pour into buttered muffin tins and bake at 220° C for 10 minutes. Split and serve hot with butter and strawberry jam.

SALZSTANGEN
(Salty twists)

300 g flour
1 teaspoon baking powder
½ teaspoon salt
7 tablespoons top milk
100 g butter

Mix flour and baking powder, then add milk and salt. Cut or grate butter into the dough and knead together. Roll out to 2 mm oblong and cut into thin strips. Brush with egg yolk and sprinkle with coarse salt and caraway seed. Twist strips and place on greased baking sheet and bake in 190° C oven till pale gold. Delicious served hot with drinks.

CHEESE SCONES

250 ml flour
1 dessertspoon baking powder
1 teaspoon dry mustard
1 teaspoon salt
1 drop tobasco
375 ml grated cheddar cheese
1 cup milk

Mix all ingredients together lightly, turn out on lightly floured board, cut into required shapes. Bake on lightly greased baking sheets at 230° C for about 10-15 minutes. Makes about 10 to 12 scones.

HOT TEA MUFFIN

Can be used as a cake or pudding and must be made and serve at once.

1 heaped tablespoon butter
4 heaped tablespoons flour
4 level tablespoons sugar.
4 heaped tablespoons baking powder
125 ml milk
1 egg
Pinch salt

Mix dry ingredients. Melt butter. Whip egg. Add butter and milk to egg. Add to dry ingredients. Beat well until smooth. Put into buttered 225 mm pie dish. Bake at 180° C for 20 minutes.

Now melt 4 tablespoons golden syrup
plus 1½ tablespoons butter.

Take muffin out of oven. Run knife round edge and pour in the melted syrup and butter. Put back in oven for 5 minutes. Serve hot.

LIGHT SUPPER FOR FOUR

Mushroom Omelette

French Salad

Hot French Bread

Chilled Rosé Wine

Omelette:

Set out heavy 250 mm frying pan.

Beat until thick and lemon coloured 6 egg yolks and ¼ teasp. pepper. Using clean beaters, beat until frothy 6 egg whites. Add to egg whites 60 ml cold water and 1 teasp. salt. Continue beating egg-white mixture until rounded peaks are formed. Heat pan until just hot enough to sizzle a drop of water. Heat 3 tablesp. butter in pan. Spread egg-yolk mixture over egg whites and gently fold together. Turn mixture into pan. Gently level surface. Cook slowly over low heat until bottom of omelette is lightly browned when edge is lifted with a spatula (approximately 5 minutes). Do not stir omelette at any time. Place pan with omelette into a 160° C oven for 7-10 minutes until top is dry but not browned, and a knife inserted in centre comes out clean.

To serve, loosen edges with spatula, make a quick, shallow cut through centre and fold one side over. Gently slip onto warm serving platter. Pour mushroom sauce over and serve immediately. Recipe for Mushroom Sauce to be found under Hors D'oeuvres section: Mushroom Blinis. Sauce can be made several hours beforehand and gently reheated.

Recipe supplied by PAT JACOBSON

CHEESE SALAD DRESSING

125 ml olive oil
½ small onion
1 tablesp. grated strong cheese
2 teasp. salt
¾ teasp. each of
Worcestershire sauce
dry mustard
basil
oregano
sugar
pepper
60 ml red wine vinegar
1 tablesp. lemon juice

In blender, blend oil, onion, cheese, salt, Worcestershire sauce, mustard, basil, oregano, sugar and pepper until well blended. Now add vinegar and lemon juice and blend for 30 seconds, or until it is all well combined.

Recipe supplied by IVOR LIBESKIND
Pretoria

SCONES

No. 1:

250 g flour
4 teaspoons baking powder
½ teaspoon salt
90 g butter
250 ml milk

Sift flour, salt and baking powder, rub in butter and make into a dough with the milk. Pat onto a board to 15 mm thickness and cut in rounds with floured cutter. Handle dough as little as possible. Bake in hot oven at 230° C for 10 minutes.

No. 2:

250 g flour
4 teaspoons baking powder
1 tablespoon sugar
Pinch salt
90 g butter
1 beaten egg
250 ml cream or top milk

Sift flour, salt and baking powder and sugar. Rub in butter and with a knife blend in the egg and milk or cream. Pat out 15 mm thick and cut into rounds. Brush with beaten egg and bake at 230° C for 10 minutes.

No. 3:

250 g flour
2 tablespoons sugar
1 tablespoon butter
200 ml cream
1 egg
3 teaspoons baking powder

Rub butter into flour, which has been sifted with the sugar and baking powder. Add beaten egg and cream and mix into a dough with a knife. Pat out 15 mm thick and bake in 260° C oven for 10 minutes.

SUPER SCONES

250 g flour
200 ml milk
4 teaspoons baking powder
1 egg
125 g butter
½ teaspoon salt

Sift dry ingredients, rub in butter lightly and bind with the beaten egg and milk. Mix lightly with a knife to blend.

Grease patty pans and spoon mixture in half way. Bake at 230° C for 12 minutes.

Cheese Scones: Vary the above recipe by adding 250 ml of grated cheddar cheese and 1 teaspoon dry mustard.

Grease muffin tins and grate a little cheese into the bottom of each shape before placing scone dough in each.

Bake as above.

SOUR CREAM PANCAKES

250 ml flour
½ teaspoon salt
½ teaspoon bicarb.
300 ml sour cream
1 beaten egg

Mix beaten egg with sour cream. Add flour, sifted with bicarb. and salt. Mix, but do not beat.

Heat pan and grease slightly. Drop spoonfuls of batter onto pan and when bubbles appear on top of pancakes, turn and cook other side.

Very good served with stewed apples or with cinnamon and sugar.

ROLLS

500 g flour
30 g butter
1 teaspoon salt
250 ml milk
1 cake yeast
3 tablespoons sugar

If required in a hurry, warm the flour.

Combine salt and flour. Melt yeast and sugar. Warm butter in milk and cool until lukewarm. Mix with yeast mixture, pour into flour and knead. This should be a loose dough; a little more milk may be added if necessary. Allow to rise for about 2 hours.

Punch down, shape into rolls and allow to rise again. Paint with egg. Bake at 230° C.

Recipe supplied by RUBY STRELITZ

BREAD

1 cake yeast
1 dessertspoon salt
2 dessertspoons sugar
750 ml water, lukewarm
1 tablespoon oil
250 ml hot water
1,5 kg flour
1 egg

Mix yeast, salt and sugar until softened, then dissolve in 750 ml lukewarm water. In a separate bowl, dissolve oil in 250 ml hot water. Sift flour, make a well in centre and break egg into it. Add fat and water mixture, then yeast mixture. Knead until all flour is absorbed — a fairly loose mixture. Brush top with a little oil to keep cloth from sticking. Cover with a clean cloth and a warm blanket. Leave overnight to rise.

In the morning, knead down well and put in oiled tins and allow to rise for 1½ hours. Bake at 200° C for about 1 hour.

Makes three 1 kg loaves.

Recipe supplied by RUBY STRELITZ

"ENERGY DRINK"

Whisk 1 raw egg in a glass of milk and add a large teaspoon of honey.

FABULOUS MEATLESS LASAGNE

Tomato Sauce:

- 2 kg soft skinned tomatoes
- 1 large onion, chopped
- 2 cloves garlic
- 2 tablespoons oil
- 1 small teaspoon curry powder (optional)
- ½ teaspoon mustard
- 3 drops tobasco
- 1 dessertspoon paprika
- 1 dessertspoon sugar
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 teaspoons cornflour
- 125 ml cold water

Fry chopped onion and garlic in hot oil, till golden brown and then add all seasoning. Stir well and simmer for 2 minutes. Add sliced tomatoes and water. Cook gently for 30—45 minutes, stirring occasionally. Remove from heat and push through a strainer. Return pulp to stove and add cornflour mixed with a little water.

While preparing sauce, boil 500 g lasagne noodles (green) in salted water until tender. If you are unable to obtain the correct lasagne noodles, add a little green colouring to ordinary medium thick noodles whilst boiling. When ready, drain noodles and allow to stand in strainer over boiling water until required.

Cheese Sauce:

- 1 small onion, chopped
- 4 tablespoons butter
- 3 tablespoons flour
- 200 ml grated cheddar cheese
- Salt to taste
- 500 ml milk
- 2 egg yolks

Fry onion in butter for 2 minutes. Mix in flour gradually to form a smooth paste. Add grated cheese and salt. Slowly stir in milk and continue cooking over low heat, stirring constantly, until sauce is slightly thick. Beat egg yolks slightly, add a little of the hot cheese sauce to yolks and then add the yolks to the sauce in the pan. Continue cooking for a further 10 minutes over low heat.

Grease a large Pyrex dish, cover with a layer of noodles, then a layer of tomato sauce, then a layer of cheese sauce. Continue in layers, finishing with the cheese sauce. Bake in slow oven (160° C) for 20 minutes, then place dish under griller until surface is golden brown. Makes 12 servings.

Recipe supplied by PAT JACOBSON.

BASIC FLAPJACKS

375 ml flour
2½ teaspoons baking powder
¾ teaspoon salt
1 well-beaten egg
200 ml milk
3 tablespoons melted butter or oil

Sift flour, baking powder and salt. Mix egg, milk and shortening. Pour egg mixture into flour mixture and stir until dry ingredients are all absorbed. Do not beat.

Drop spoonfuls onto greased pan and turn when one side is done.

For thin pancakes, use 300 ml milk. These pancakes can then be rolled up with fillings.

OMELETTE AUX CHAMPIGNONS
(Omelet with mushrooms) Serves 4

First prepare the Mushroom Sauce.

500 g mushrooms, fresh or tinned
60 g butter
1 large onion, minced
Salt and tobasco to taste
2 tablespoons sherry
1 teaspoon flour
Few drops lemon juice
1 tablespoon minced parsley

Select a large skillet with a lid. Heat it slowly, then melt the butter to foaming. Sauté the onions until they are limp and transparent. Add the mushrooms. Cover and simmer for 20 minutes. Add salt and tobasco to taste. Add the sherry and simmer for further 5 minutes. Sprinkle the flour lightly over the contents of the skillet, stirring constantly until the sauce thickens slightly. Add the lemon juice. Taste and correct the seasoning if necessary. Add the parsley.

Use this mushroom sauce as a filling and topping for omelettes, or as a sauce for steaks, fish, etc. (Use fat if used for meat.)

Recipe supplied by THELMA KOLNICK

WELSH RAREBIT

1 tablespoon butter
500 ml grated cheddar cheese
125 ml milk or beer
2 beaten eggs
½ teaspoon English mustard and salt to taste

Melt butter in double boiler. Add cheese and stir until cheese melts. Add milk or beer and stir until smooth. Gradually add eggs and season to taste. Cook and stir for 1 minute. Serve on toast.

Recipe supplied by RUBY STRELITZ.

CHEESE STRAWS

250 g strong cheddar cheese
250 g butter
250 g flour

Grate cheese and butter and knead together with flour. Roll out dough about 10 mm thick and cut into strips or biscuit shapes, brush with egg yolk and, if desired, sprinkle with caraway seeds. Place in fridge for about 10 minutes before baking in a very hot oven for a few minutes till pale gold.

SAVOURY ROLLS

125 g cream cheese
125 g butter
250 ml flour

Combine all ingredients, roll pastry thus formed on a floured board and cut into squares or circles. Fill each roll with

Asparagus
Grated cheese
Cayenne pepper
Salt

Roll up, brush outside of roll with beaten egg and roll in flaked cheese. Bake in a hot oven till puffed and brown. Serve hot.

Recipe supplied by SANDRA TARLIE

CHEESE BLINZES

Pancakes:

250 ml flour
250 ml water
Pinch salt
2 eggs
1 teaspoon baking powder

Beat eggs well, add salt and water. Stir in flour and baking powder and mix into a smooth batter. Pour a little batter into a heated and greased pan and fry on one side only till set. Turn out onto a cloth to cool.

Cheese Filling:

300 g cream cheese
1 egg
Salt and pepper
Sugar and cinnamon to taste

Cream cheese well, add beaten egg and salt, pepper, sugar and cinnamon to taste. Place cheese mixture in each pancake. Roll up and fry in butter till golden brown on all sides. Serve with cinnamon and sugar or with thick cream.

PENANG CURRY POWDER

10 g coriander seeds
15 g peppercorns
90 g dried chillies
30 g saffron
15 g cumin seed
15 g fenugreek (from chemist)
15 g mustard seed

Put spices into baking tray and roast in oven for a few minutes. Grind each spice separately in blender. Mix all together. Can keep for a few weeks in sealed jar.

PIQUANT SPAGHETTI

500 g spaghetti
1 clove garlic, crushed
1 bunch parsley, chopped
4 tablespoons olive oil
1 tin strained, peeled tomatoes
1 tablespoon capers
125 g black olives, sliced
Salt and pepper

While spaghetti boils in salt water, sauté garlic and parsley in oil. Add tomatoes and cook slowly a few minutes. Add capers and olives. Season to taste.

Pour over hot spaghetti.

CREAM CHEESE NOODLES

250 g cream cheese
2 egg yolks
60 g grated Parmesan cheese
500 g noodles
Nutmeg

Boil noodles in salt water. Cream cheese, yolks and Parmesan together. Mix with drained hot noodles and sprinkle with nutmeg.

Serve with green salad as a light luncheon dish.

SAVOURY BREAD PUDDING
(for lunch)

10 slices bread
300 ml milk
2 eggs beaten with salt
250 g cheese
1 cup tomato sauce

Dip bread into milk and then into beaten egg. Arrange in buttered dish with cheese slices (alternating). Drip tomato sauce over, season with oregano, salt and a dash of cayenne.

Bake in hot oven (200° C) till cheese bubbles.

CHEESE AND TOMATO LUNCH PIE

Sliced bread
600 ml milk
60 g butter
30 g flour
Salt and pepper
2 eggs
90 g grated cheese
3 tomatoes, peeled and sliced
½ teaspoon oregano

Remove crusts from enough bread to line bottom and sides of a 225 mm pie plate. Dip slices in milk and line greased dish. Make white sauce with butter, flour and 300 ml milk. Cool slightly, then add salt and pepper, beaten eggs, cheese, tomatoes and oregano. Mix and pour into bread-lined dish. Bake in 190° C oven till golden brown.

Good with salad for lunch.

EGG AND ONION SCRAMBLE

4 sliced onions (medium)
60 g butter
6 eggs
Salt and pepper

Fry onions in butter till golden brown. Meanwhile beat eggs with salt and pepper till blended. Pour over browned onions and cook for 3 minutes, stirring with fork. When hot, serve on toast, sprinkled with chopped parsley or grated cheese. This goes well with a mixed green salad.

WHITE SAUCE CHART

Material	Thin	Medium	Thick	Very Thick
Butter	1 T.	2 T.	3 T.	4 T.
Flour	1 T.	2 T.	3 T.	4 T.
Salt	¾ t.	¾ t.	¾ t.	¾ t.
Pepper	⅛ t.	⅛ t.	⅛ t.	⅛ t.
Milk	250 ml	250 ml	250 ml	250 ml

Melt the butter, add flour, salt and pepper. Mix well. Add milk slowly and bring to boiling point, stirring constantly to prevent lumping. Place over hot water until ready for use.

Uses for White Sauce

Thin: To cream starchy vegetables such as potatoes. To make cream soup.

Medium: To cream non-starchy vegetables such as carrots, onions, peas, cauliflower, etc.

Thick: To prepare scalloped dishes.

Very Thick: To make croquettes and souffles.

CHEESE CANNELLONI

Cannelloni

125 g self-raising flour
1 egg
300 ml milk
2 teaspoons water
1 teaspoon oil
½ teaspoon salt

Filling:

125 g cream cheese
125 g grated parmesan or cheddar cheese
1 egg
Salt and pepper

Cheese sauce:

1 teaspoon butter
4 teaspoons self-raising flour
600 ml milk
250 g grated parmesan or cheddar cheese
1 egg
Salt, pepper, garlic

Method: (Filling): Mash white cheese with a fork, add grated cheese and well-beaten egg. Season to taste and sprinkle with a dash of garlic powder (optional).

Method: (Cannelloni): Sift flour and salt in a basin, make a well in the centre, add egg, oil, half the milk and the water stirring gently. When smooth add the rest of the milk and if necessary a little more water. The batter should have the consistency of thick cream. Using a small pan make the cannelloni in the usual way, greasing the pan with oil every time. When each cannelloni is ready, place a little filling in the centre, roll it up and place in a fireproof dish. Repeat till batter and filling are finished. Then cover with the cheese sauce.

Method: (Cheese sauce): Melt butter, add flour, salt, pepper, dash of garlic powder and mix well with fork. Add milk slowly, stirring all the time, being careful that all lumps are dissolved. When like thin custard, add the grated cheese and lastly, when off the fire, the egg. Spread the sauce over the cannelloni and bake in a moderate oven till golden brown.

DANISH MACARONI AND CHEESE

Have ready cooked sufficient spaghetti for the required number of people, then fry 2 large onions until brown, then add 2 large tomatoes, and allow this to simmer in pan until cooked, add pepper and salt to taste. Now put the spaghetti into the pan, and mix well with onions and tomatoes, then put all this into a pyrex dish in layers, each layer having grated cheese between, until dish is filled. Grate more cheese on top and put blobs of butter over this and brown in oven. (Use plenty ot cheese.)

"EGGS FOR SUPPER"

60 g butter
1 tin anchovy fillets
1 medium onion, sliced
250 ml diced celery
2 green peppers, sliced
1 small tin tomato paste
250 ml water
6 hard boiled eggs, sliced
Salt and pepper

Sauté anchovies, onion, celery and peppers slowly in butter. Stir gently. Mix tomato paste with water and add to pan. Season with salt and pepper and cook covered till celery is tender. Place alternate layers of egg and sauce into serving dish and serve with toast.

GARLIC BREAD
(To serve with meat)

1 long French loaf
3 cloves garlic
125 ml olive oil
Salt and pepper

Partly sliced French loaf and brush with olive oil to which has been added the crushed garlic and salt and pepper. Brush between cuts, and on top. Wrap in foil and bake in hot oven (200° C) for 10 minutes.

Good serve with braais.

CINNAMON TOAST

3 tablespoons creamed butter
2 tablespoons brown sugar
1 teaspoon cinnamon

Thoroughly mix butter, cinnamon and sugar until it is smooth. Toast three slices bread or as many as required, spread the mixture over the toast, place in oven until mixture starts to melt, cut toast in fingers and serve at once. Delicious on a cold morning with your tea.

NOODLES SUPREME

250 g noodles
500 g mushrooms
250 ml thick cream
2 teaspoons Poppy seed
125 ml almonds — blanched slivered and toasted
Butter, salt and pepper

Boil noodles till soft and drain. Place in double boiler. Saute mushrooms in butter and add to noodles with sour cream, melted butter, poppy seed and seasoning. Add almonds last. Stir through in double boiler till hot.

This may be served as a luncheon dish with green salad, or it may be served as an accompaniment to any hot fish dish.

MEXICAN TOASTED CHEESE

2 tablespoons butter
2 tablespoons chopped green peppers
2 tablespoons flour
1 teaspoon salt
¼ teaspoon mustard powder
1 egg
Pinch of cayenne
250 ml tomato puree
250 g tinned sweet corn (whole Kernel) drained
375 ml grated cheese

Melt butter, add green peppers and cook till soft. Add flour, mustard, and seasoning and mix well. Add tomato puree slowly and stir all the time till thick. Add sweet corn and cheese and cook over low heat until cheese has melted, stirring all the time. Remove from heat. Beat egg and pour the hot sauce over it, mixing thoroughly. Serve hot on hot buttered toast.

PASTRY FOR SAVOURIES

250 g cream cheese
250 g butter
250 g flour

Rub butter into flour and bind with the cheese. Knead into a smooth pastry and store in fridge till required. Roll pastry thinly and cut into squares and fill with asparagus seasoned with salt and cayenne pepper. Roll up and bake in hot oven for 10 minutes.

Place grated cheese flavoured with cayenne and a drop of mayonnaise in centre of squares and close up into triangles and bake.

Sardines, egg, anchovies may all be used in the same way with the above pastry for hot savouries. This pastry may also be cut into biscuits and sprinkled with sugar and beaten egg and baked as biscuits.

PEROGEN PASTRY

500 g flour
2 teaspoons baking powder
250 g Purene
Pinch salt
1 egg
1 teaspoon brown vinegar

Sift flour, baking powder and salt. Rub in Purene and blend into a dough with the egg beaten with 1 teaspoon vinegar. Roll out into rounds and fill with mixture of minced cooked meat flavoured with chicken fat, salt, pepper and grated onion. Fold over and brush with beaten egg and water. Bake in 190° C oven till golden brown. Serve hot with soup or cold as meat-pies with salads and tomato sauce.

SOUR-MILK LATKES

300 ml sour milk
1 egg
250 ml flour
1 teaspoon baking powder
Pinch salt

Mix beaten egg with sour milk, add flour which has been sifted with baking powder and salt and make into a thin dough. Drop dessertspoon-ful onto a buttered pan and fry till golden brown on both sides. Serve with cinnamon and sugar.

TOASTED CHEESE

Butter slices of bread and cover with thick slices of cheddar cheese. Place under grill and when cheese is melted spread evenly. Flavour with pepper and salt and a little prepared mustard.

MOCK CHICKEN FAT

Dissolve 500 g Purene with 1 bottle Sunflower oil. Add 500 ml sliced onions and 500 ml grated carrots. Allow to boil slowly till onions begin to brown. Remove from heat, season with salt and pepper and strain.

Keep in jars in refrigerator. This makes a good substitute for chicken fat and lasts indefinitely in the fridge.

SODA-WATER PASTRY

250 g flour
250 g butter
Pinch salt
3 tablespoons soda water (iced)
1 tablespoon brandy

Method: Grate butter into flour and salt. Mix to a dough with soda-water and brandy. Use for savoury tarts and hot patties.

CHEESE PUDDING
(to serve with fish)

125 g bread crumbs
125 g grated cheese
2 eggs
Salt and pepper
Pinch bicarb.
Milk

Mix breadcrumbs and cheese well. Add pepper, salt and bicarb. Add yolks of eggs with sufficient milk or cream. Whisk whites thick and add lightly. Bake in moderate oven for ½ hour.

GARLIC BREAD

Melt together 125 g butter with two crushed cloves of garlic and ½ teaspoon salt. Cut a french loaf into diagonal slices — do not cut right through, only far enough to allow you to open the slices for buttering. Butter each side of slices well with melted butter and garlic. Wrap loaf in tin foil and place in hot oven for about 10—15 minutes. Serve hot.

BROCCOLLI CASSEROLE

1 pkt. frozen broccolli
1 tin Campbell's cream of mushroom or cream of asparagus soup
125 ml grated cheese
125 ml seasoned bread crumbs
60 g butter
Salt and pepper
1 tablespoon chopped parsley

Cook broccolli and chop up. Season with salt and pepper. Place in buttered casserole and pour over tinned soup. Sprinkle with half the grated cheese, then breadcrumbs and then the rest of the cheese and parsley. Bake in 180° C oven till cheese has melted.

Serve hot as a vegetable dish, or as a light supper dish.

Recipe supplied by ESTHER RUBIN.

GOLDEN PUFFS

250 g flour
60 ml sugar
3 teaspoons baking powder
1 teaspoon salt
1 teaspoon nutmeg or mace (optional)
60 ml salad oil
200 ml milk
1 egg

Sift together all dry ingredients. Add salad oil, milk and egg. Stir with fork until thoroughly mixed. Drop with a teaspoon into hot oil. (Too large puffs will not cook through). Fry until golden brown (about 3 minutes). Drain. Roll warm puffs in cinnamon sugar mixture and serve with coffee.

Recipe supplied by PAT JACOBSON.

MINT SAUCE

8 stalks mint or
2 tablespoons of dry mint
1 tablespoon lemon juice
125 ml vinegar
2 tablespoons sugar

Wash mint and pick leaves from stems. Chop fine. Add sugar and rub well together. Add gradually vinegar and lemon juice. Let stand 1 hour.

PUMPERNICKEL ROUNDS

Make a mixture of a spreading consistency with Parmesan cheese and mayonnaise, and spread thickly on rounds of pumpernickel. Top with thinly sliced onion rings and place under the broiler till brown.

These rounds make excellent, tasty snacks with drinks.

Recipe supplied by MAUREEN SIMMONS,
Boston, U.S.A.

CURRIED EGGS

(In Malaya these are served as a side dish to the meat curry)

- 8 eggs
- 4 medium onions
- 2 cloves garlic
- 2 large firm green peppers
- 125 g butter
- 3 teaspoons curry powder
- Salt
- 125 ml mashed carrots or peas

Hard boil the eggs, then cut in halves. Dice seeded green peppers. Heat butter in heavy casserole. Add chopped onions and garlic, fry till golden, then sprinkle with curry powder. Add green peppers and salt and cook, covered, for 15 minutes. Add mashed vegetables and cook a few minutes longer, then dilute with a little water to make a nice curry gravy. Place eggs in this curry-vegetable gravy — heat thoroughly and serve hot.

If served as a main course, serve with rice, cucumber slices, chives and tomato quarters.

CHEESE PUFFS

- 250 ml flour
- 250 ml grated cheddar cheese
- 1 egg
- 1 dessertspoon baking powder
- 1 dessertsp. butter
- Pepper and salt to taste (season well)
- Milk

Cream butter and cheese. Add salt and pepper. Add baking powder and flour and rub through fingers. Beat egg and add enough milk to make up to one cup. Add egg and milk gradually. Dough must be very soft. Drop spoonsful into greased patty tins and bake at 220° C for 10 minutes.

Recipe supplied by SANDRA TARLIE

GLAZE FOR ROAST BEEF OF MUTTON

250 ml syrup
125 ml brown sugar
60 ml prepared mustard

Place sugar, syrup and mustard in pot and slowly heat together. Place meat to be glazed in an oven-ware dish, after roasting is complete, and baste with hot glaze. Place under grill and continue to baste and turn till glazed and brown all over.

This meat can now be served hot, or as a cold buffet dish, in which case garnish attractively with parsley and radishes. Alternatively, cover with canned pineapple rings, placing a cherry in each centre.

Rolled shoulder of lamb is good this way as well as beef, and smoked meat is especially good done this way.

"HEALTHY" GINGERBREAD

In a saucepan, slowly warm together:

250 ml brown sugar
125 g margarine
60 ml molasses
60 ml honey or golden syrup
125 ml milk or water

Mix together in large bowl:

500 ml whole wheat flour
¼ teasp. salt
1 teasp. ground nutmeg or mixed spice
3 teasp. ground ginger
1½ teasp. baking powder
½ teasp. bicarbonate of soda
1 teasp. grated lemon rind

Optional extras to dry ingredients — approximately 1 to 2 tablespoons of sunflower seeds, chopped walnuts, chopped dates, or chopped ginger.

Pre-heat oven to 190° C. Pour liquids into dry mixture and mix well. Lastly, add 2 well-beaten eggs.

Bake in greased loaf tin for 40 minutes, or longer if using a deep tin.

Recipe supplied by SONIA L'ESTRANGE

LOW CHOLESTEROL COOKING

Eating is one of life's great pleasures, and I dedicate this chapter to the pleasures of eating well, while eating right. Medical research has shown that too many fatty foods can be damaging to the heart and blood vessel system. Although dietary intake of fat is only one of the factors linked with the catastrophic rise in heart disease, it is the one factor that we ourselves can do something about. I have tried to give you some recipes using only fat-controlled foods combined in such a way as to benefit eating enjoyment.

These recipes I have made and served to knowledgeable medical guests while on a prolonged visit to the U.S.A. They are people who adhere strictly to low-cholesterol foods and they were amazed, in fact at times disbelieving, but overjoyed that with these recipes which I passed on to them, they are able to eat to their heart's delight.

My introduction to low-cholesterol cooking took place many years ago when my brother, then specialising in heart disease, was one of the early men in his field to argue that there was a direct connection between coronary artery disease and the amount of fatty foods in the diet. In those days most people, including many doctors, scoffed at his "cholesterol theory". When I first tried cooking with polyunsaturated fats, no eggs, no butter, no cheeses, the results were far from exciting. However, having been fortunate enough to study the finer points of cooking all over the world, and with constant encouragement from my brother and his colleagues, I find that one could indeed substitute many ingredients to create meals without using the "artery poppers".

I offer you these recipes in the hope that it fulfils to some small degree its intent – to make a low cholesterol diet a happy chapter in your family's life.

SELMA BRODIE

WE THANK THE FOLLOWING LADIES FOR THEIR GENEROUS SPONSORSHIPS

HANNAH SYMON

LYNETTE TABACK (Addo)

BERNICE TARLIE

SANDRA TARLIE

HANNAH TOBIAS

LILY TODES

JILL TODRES

NORA TOPIC

LEONIE VOLPE

MUSCH WALKER

LEAH WALT

SYLVIA WEINBERG

ADA WEINRONK

ENEZ WEINRONK

SARAH WEINRONK

JILLIAN WILSON

BELLA WOLFSON

ETHEL WOOLF

JOCELYN ZARTZ

IRENE ZUCKERMAN

COLD TOMATO SOUP

1,5 kg fresh red tomatoes, peeled
Juice of 1 lemon
1 clove garlic, thinly sliced
125 ml chopped celery stalks
¼ teasp. curry powder
Salt and pepper to taste
600 ml low fat yoghurt
125 ml finely chopped parsley
125 ml finely chopped spring onions
125 ml finely chopped cucumber

In a blender, put chopped tomatoes, lemon juice, garlic, celery, curry, salt and pepper and yoghurt. Blend until smooth. Taste for seasoning and adjust if necessary. Chill well.

Serve with chopped parsley, spring onions and cucumber sprinkled over.

LOW CHOLESTEROL BATTER

250 ml flour
½ teasp. salt
125 ml beer
125 ml warm water
1 tablesp. oil
1 egg white

Sift flour and salt. Stir in beer and warm water. Add oil. Mix well and leave to stand in a warm place for at least 3 hours. Small bubbles will appear by this stage.

Beat egg white stiffly and fold into batter. Allow to stand again for 10 minutes.

Dip food to be fried in this batter. Allow excess to drip off, and fry in hot oil. Drain on paper towels.

This can be used for fish, fruits or vegetables that you wish to fry in a batter.

HERB DRESSING

160 ml oil
2 tablesp. vinegar
2 tablesp. lemon juice
2 teasp. prepared mustard
1 tablesp. chopped spring onion
1 teasp. oreganum
2 tablesp. chopped parsley
Salt and pepper

Place all ingredients in a screw-top jar and shake to blend.

Can be used in place of french dressing.

Also good on left-over cooked rice, or left-over vegetables.

SALT-FREE SALAD DRESSING

Make your favourite french dressing, omitting salt, and adding a herb or mixed herbs of your choice. Add more than usual and the salt will not be missed.

Peri-peri powder is good in the oil and vinegar mixture.

QUICHE DELICE

1 225 mm unbaked pie shell
750 g thinly sliced onions
60 ml oil
1 garlic clove, crushed
1 bay leaf
2 tablesp. flour
1 teasp. marmite (or vegetable extract)
1 teasp. salt
½ teasp. pepper

Heat oil in a heavy pot and add onions. Mix until coated with oil. Cover and simmer slowly for 15 minutes, stirring often. Add garlic and bay leaf. Cook for a further 30 minutes, covered, stirring often. Remove bay leaf and sprinkle in flour. Mix well. Add marmite, salt and pepper, mix and simmer covered for a further 5 minutes. Cool.

In a blender, mix and blend until smooth:

2 tablesp. oil
2 egg whites
250 ml condensed cream of mushroom soup, undiluted
125 ml low fat smooth cottage cheese
¼ teasp. nutmeg

Spoon the cheese mixture gently into the onion mixture, a little at a time, and mix thoroughly. Taste for salt, pepper and nutmeg, and season accordingly.

Fill pie shell with mixture and bake in 190° C oven for 35-40 minutes until browned and sligthly puffed. Serve warm, not piping hot.

Variations of this Quiche Delice may be made by using mushrooms and mushroom soup; asparagus and asparagus soup, or even cauliflower and leeks with mushroom soup.

This is an excellent first course for dinner or as a luncheon or supper dish served with a salad.

It is also good to serve with drinks.

PINEAPPLE SALT-FREE SAUCE FOR COLD MEAT OR CHICKEN

1 teasp. chopped mint
¼ teasp. dry mustard
¼ teasp. allspice
125 ml pineapple juice
200 ml crushed pineapple
200 ml water

Place all ingredients, except chopped mint, in a pot and bring to the boil, cooking slowly for about 10 minutes. Cool and add chopped mint.

An excellent accompaniment for cold veal, mutton or chicken.

As a variation, the cooked cubed meats can be heated in the cooking sauce, served hot and the chopped mint sprinkled over. This is good with rice.

SALT-FREE MARINADE FOR POT-ROASTED POULTRY AND BEEF

125 ml oil
3 tablesp. white vinegar
2 teasp. chopped parsley
½ teasp. pepper
½ teasp. rosemary
½ teasp. tarragon
½ teasp. sweet basil
1 clove crushed garlic

Combine all ingredients. Marinate chicken or beef for 2-3 hours at room temperature and then pot-roast, using the marinade as basting sauce.

SALT-FREE STEAK MARINADE

250 ml red wine
125 ml oil
80 ml brown sugar
¼ teasp. marjoram
¼ teasp. rosemary
2 large onions, grated
1 clove crushed garlic

Combine and mix well. Marinate steak for at least 4 hours, or overnight, if possible.

This can be used for barbecues or pot roasts. Serve marinade that is over as a gravy, heated.

SALT-FREE CHERRY SAUCE FOR BASTING CHICKEN, VEAL, BEEF

Heat together
250 g cherry jam
1 tablespoon vinegar
4 cloves
¼ teasp. allspice
60 ml oil

Baste poultry or meat during grilling, or use as a gravy.

PIQUANT SAUCE — SALT-FREE — FOR COLD MEATS

2 cloves crushed garlic
60 ml vinegar
250 ml oil
250 ml red wine (dry)
2 chopped onions
⅛ teasp. rosemary
⅛ teasp. cayenne pepper

Mix all ingredients well until blended. Marinate in jar in refrigerator overnight.

May be used for basting roasting meats, or as a cold sauce for cold meats.

SALT-FREE LEMON SAUCE FOR FISH OR CHICKEN

2 teasp. paprika
1 teasp. sugar
½ teasp. black pepper
¼ teasp. dry mustard
Dash of cayenne pepper
200 ml oil

Stir the above ingredients into the oil.

Stir in

125 ml lemon juice
125 ml hot water
2 teasp. grated onions

Baste chicken or fish with this sauce frequently during grilling.

SALT-FREE BASTING SAUCE FOR CHICKEN

2 tablesp. sherry
½ teasp. paprika
¼ teasp. rosemary
2 tablesp. oil

Combine all ingredients and use to baste chicken while grilling.

FRENCH TOAST

2 slices wholewheat or white bread (day old)
2 egg whites
2 tablesp. skim milk
¼ teasp. vanilla essence
⅛ teasp. cinnamon
Pinch of salt
Oil for frying

Beat egg whites, milk, vanilla, cinnamon and salt. Beat well. Heat pan and cover with oil.

Dip bread slices in egg white mixture and fry on both sides until brown and crisp.

Serve with lots of jam.

HERBED BREAD STICKS

6 long hot-dog rolls, cut into quarters, lengthwise

Combine:

125 ml oil
½ teaspoon garlic salt
1 teasp. sweet basil
½ teasp. parsley flakes

Spread surface of the cut rolls with mixture, and bake on a baking sheet in a 150° C oven for about one hour until crisp and light brown.

These can be stored in an airtight container and served with dips, with soup, or as an accompaniment to a cheese and wine meal.

CHEESE TOAST

Spread a piece of toast with 60 ml fat-free cottage cheese. Sprinkle with ½ teaspoon cinnamon and sugar mixture.

Put under griller in oven until topping bubbles. Serve hot with coffee.

VINAIGRETTE SAUCE

This can be used on asparagus, fresh mushrooms, cold poached fish, or thinly sliced tomatoes, and as a dressing for a tossed salad.

In a jar with a tight lid, combine the following and shake well:

2 cloves crushed garlic
½ teasp. mustard powder
½ teasp. pepper
1 teasp. salt
2 teasp. oregano
80 ml vinegar
250 ml oil

MOCK SOUR CREAM

This can be used as a sour cream substitute for a cucumber salad.

This can also be added to hot fish dishes at the last minute.

It can also be served as a dressing for salad, flavoured with any herbs of your choice.

Another way it can be served is as a sauce for a mousse.

Place in a blender the following, and mix at high speed until smooth and creamy:

250 ml smooth cottage cheese (fat-free)
2 tablesp. skim milk
1 tablesp. lemon juice
¼ teasp. salt

BASIC CHEESE SAUCE

Can be used as a salad dressing, as a substitute for sour cream or as a dip, with the variations given below.

500 ml low fat cottage cheese
2 tablesp. lemon juice
60 ml skim milk
Salt and pepper to taste

Mix in a blender until creamy. (A little less or more milk may be needed to form desired smoothness.)
Variations:

(1) Add 4 tablesp. chopped onion
2 tablesp. chopped parsley
(2) Add 1 teasp. mustard powder
2 teasp. paprika. Tobasco to taste
(3) Add 80 ml drained crushed pineapple
4 tablesp. honey

RED ROMAN A L'ORANGE

This is a dish with a different flavour, which I hope will appeal to you once you've tried it. It's well worth it!

- 1,5 kg Red Roman or similar line fish
- 2 teasp. salt
- Pepper to taste
- 4 tablesp. orange juice
- 2 tablesp. grated orange rind
- 4 tablesp. oil or margarine
- Grated nutmeg

Have fish trimmed and fill opening with sufficient cubed peeled orange to fill. Close opening with skewers or cotton.

Salt and pepper fish, and sprinkle with nutmeg. Sprinkle with orange juice, rind and oil or margarine.

Preheat oven to 200° C.

Bake in greased baking dish, covered with foil for 30 minutes and then uncovered for another 10 minutes, or until done.

Serve hot, or cold, with orange and pineapple salad.

COLD SALMON MOUSSE

This elegant looking dish has no cream, no eggs, and is 100% acceptable as a low-cholesterol dish, served with the Basic Cheese Sauce — recipe is given in this chapter.

- 500 ml canned pink salmon
- 1 tablespoon gelatine
- 60 ml cold water
- 125 ml boiling water
- 125 ml mayonnaise
- 1 teasp. grated onion
- 1 tablesp. lemon juice
- ½ teasp. tobasco sauce
- ¼ teasp. paprika
- 1 teasp. salt
- 1 tablesp. chopped capers
- 375 ml fat-free cottage cheese (smooth)

Drain and flake salmon, removing skin and bones. Soften gelatine in cold water and dissolve in boiling water. Cool and mix with rest of the ingredients, except the cheese.

Beat cheese in mixer until very smooth and creamy, and fold into the salmon gently. Fold into mayonnaise mixture when it is properly cold.

Oil a 2 l mould, preferably a fish mould, chill until set.

Unmould onto serving platter and serve with Basic Cheese Sauce or cucumber and yoghurt salad.

P.S. Mayonnaise is featured in this recipe, even though it contains egg yolk. However, one egg yolk absorbes 1 cup of beneficial polyunsaturated oil (sunflower oil) and this greatly dilutes the effect of the egg. Furthermore, mayonnaise is used in such small quantity per serving that the actual ingestion of the yolk is negligible.

BRAISED KOB DELICE

500 g fillet kob or any firm fish, e.g. kingklip or salmon
60 ml flour
½ teasp. ground ginger
1 crushed garlic clove
1 tablesp. soya sauce
1 tablesp. sherry
½ teasp. sugar
Water
½ teasp. pepper
60 ml chopped spring onions
2 ripe tomatoes, chopped
2 tablesp. chopped parsley
1 teasp. maizena (corn starch)
½ cup water
Salt to taste

Roll fish steaks in flour and brown in hot oil. Mix sugar, ginger and garlic with soya sauce, sherry and water to make up 1 cup. Pour over fish, cover and cook for 10 minutes. Add pepper, spring onions, parsley and tomatoes and cook uncovered for another 5 minutes. Mix maizena, salt and water, stir into fish and simmer for a further 5 minutes.

Serve with hot French bread to soak up sauce, and a green salad.

Rice is also a good accompaniment to this delicious fish dish.

SOLE TERIYAKI

1 kg sole fillets, or cob, kingklip or cape salmon
60 ml soya sauce
1 tablesp. brown sugar
2 tablesp. oil
1 teasp. flour
125 ml dry white wine
½ teasp. mustard powder
6 slices canned pineapple

In small pot combine soya sauce, brown sugar, oil, flour, wine and mustard. Bring to boil, reduce heat and simmer for about 3 minutes. Cool.

Marinate fish fillets in this sauce for 15 minutes. Place fish in an oiled baking dish, place pineapple rings on top, brush with marinade and grill in centre of oven for about 15 minutes, until fish is done.

Serve with rice and a crisp butter lettuce salad. Accompany with hot french bread.

SALT-FREE OVEN-COOKED RICE

Grease a casserole and place in it:

500 ml boiling water
1 cup raw rice
2 tablesp. lemon juice
1 tablesp. oil
2 teasp. chopped parsley
⅛ teasp. cumin

Cover casserole and bake for 45 minutes in a 180° C oven.

STUFFED WHOLE FISH

1 whole fish weighing about 1,5 kg
2 large chopped onions
250 ml sliced mushrooms
375 ml day-old bread crumbs
125 ml skim milk
1 egg white, beaten slightly
2 tablesp. vinegar
2 tablesp. oil or margarine
½ teasp. curry powder (fish curry powder is available at Indian spice shops)
2 tablesp. chopped gherkins
Salt and pepper to taste

Preheat oven to 180° C.

Saute mushroom and onions in oil or margarine for about 10 minutes. Add vinegar and simmer for 5 minutes. Remove from heat and cool.

Soak bread crumbs in skim milk, squeeze out excess, and add bread to mushroom mixture. Add beaten egg white, salt and pepper, gherkins and curry powder.

Sprinkle fish with salt and pepper on all sides. Stuff with filling and close with skewers, or sew together.

Grease a large baking dish and line with foil. Grease foil very well and place fish carefully on this. Cover with foil and bake for about 45 minutes. Uncover and bake for a further 5-10 minutes, until fish flakes easily when tested with a fork.

Transfer fish carefully to serving platter, surround with boiled potatoes, green beans and cauliflower, and serve hot.

CURRIED SOLE AMANDINE

4 soles, filleted
125 ml flour
2 teasp. curry powder (fish curry mixture from Indian spice shops)
¼ teasp. salt
125 ml oil
80 ml chopped almonds (blanched)

Wash and dry fillets of sole. Coat well with flour mixed with curry powder and salt.

Heat oil in pan and saute soles over moderate heat for about 5 minutes, then turn and brown other side.

Remove to a heated platter.

Add almonds to oil remaining in pan and cook, stirring until nuts are browned.

Pour over fish and serve with chutney and boiled rice.

GRILLED SOLE IN TARTAR SAUCE

4 medium-sized soles, skinned and side-boned
Salt and pepper
2 egg whites, stiffly beaten
125 ml tartar sauce
4 tablesp. oil or margarine

Preheat oven to grill.

Place seasoned soles in a well-greased baking dish, side by side, and brush with oil or margarine.

Grill for about 10 minutes, about 50 mm from top, turning once. Meanwhile beat egg whites and fold in tartar sauce. When fish is about done, spread with this mixture and grill for another 2 minutes until topping is golden brown.

Serve with duchess potatoes and a lettuce salad.

MARINATED GRILLED FISH

1 kg fillet fish — kingklip or Cape salmon or similar
250 ml oil
125 ml tarragon vinegar
1½ teasp. salt
1½ teasp. worcestershire sauce
½ teasp. pepper
2 bay leaves
3 tablesp. chopped parsley

Marinate fish in above ingredients. Cover and refrigerate for about 3 hours, turning occasionally so that fish is well coated. Remove from marinade and grill in oven about 75 mm from top. Grill for about 15-20 minutes, basting with marinade occasionally.

Serve with grilled tomatoes and mashed potatoes.

GRILLED KINGKLIP PIQUANT

1 kg sliced, skinned and filleted kingklip (or dry firm white fish)
½ teasp. horseradish (concentrated)
¾ teasp. ground ginger
1 chopped onion
1½ teasp. salt
¼ teasp. pepper
3 tablesp. soya sauce
3 tablesp. oil

Place fish in a single layer in an oiled baking dish. Combine rest of the ingredients and pour over fish. Place in oven under grill about 50 mm from top, and grill for about 10-15 minutes, turning fish carefully once.

Serve with new boiled potatoes, sprinkled with parsley.

FRIED SWEET POTATOES

3 raw large apples (unpeeled and sliced)
3 raw large sweet potatoes sliced and peeled
3 tablesp. oil or margarine
5 tablesp. honey
¼ teasp. nutmeg
1 tablesp. sherry

Place potatoes and apples in a pan with the oil, and fry until slightly browned. Add honey, cover and cook over low heat until tender — about 30 minutes. Turn occasionally. Sprinkle with nutmeg and sherry just before end of cooking.

SALT-FREE VEGETABLES

Always use as little water as possible. Herbs are used to take the place of salt.

Broccoli: Can be flavoured with sugar, paprika, mustard and lemon juice to taste. Add this mixture when vegetable has cooked until just tender.

Brussels Sprouts: During the last 5 minutes of cooking, add a mixture of equal quantities of dill, dry mustard to water.

Brussels sprouts cooked with nutmeg and caraway seeds (¼ teaspoon each to a packet of sprouts) gives a good flavour.

Cabbage: Enhanced by the use of oregano and dry mustard, or caraway seeds and dill, added just before end of cooking time.

Carrots: Delicious with sugar and cinnamon, with mint and marjoram, with curry and ginger, or with honey and allspice. All these to be added just before the end of the cooking time.

Cauliflower: Enhanced by these combinations added during the last 5 minutes of cooking time:

Nutmeg and parsley; tarragon and parsley. Always pepper to taste.

Mushrooms: These should be washed, dried and sauted in 2 tablespoons oil for each 500 g. The following can be added to compensate for the lack of salt:

¼ teasp. ginger
¼ teasp. rosemary
⅛ teasp. black pepper
½ teasp. lemon juice

or

¼ teasp. paprika
¼ teasp. sweet basil
½ teasp. lemon juice
⅛ teasp. black pepper

Peas: Cooked in a small amount of water, improved by these additions:

½ teasp. sugar
½ teasp. mint

or

½ teasp. lemon juice
½ teasp. sugar

Tomatoes: Delicious grilled with ¼ teaspoon basil and ¼ teaspoon oregano and 1 teaspoon sugar sprinkled during grilling.

Mashed Potatoes: Usually made with salt, but this way no one will miss it:

4 potatoes — medium size
1 onion — small
½ clove garlic
1 bay leaf
¼ teasp. rosemary
2 teasp. chopped parsley
1 tablesp. oil
3 tablesp. hot skim milk
⅛ teasp. mace

Cook potatoes in water to cover, with the onion, garlic, bay leaf, rosemary and parsley. Cook for 20-30 minutes. Remove bayleaf.

Drain potatoes and mash. Add oil, hot milk and mace. Beat until creamy.

New Potatoes: New potatoes cooked with parsley and mint in boiling water taste good, and the salt is not missed.

FRIED RICE ACAPULCO

60 ml oil
125 g canned mushrooms (or 250 g fresh)
125 ml chopped onion
125 ml chopped green pepper
500 g tin of canned tomatoes
125 ml water
250 ml uncooked rice
2 tablesp. chopped parsley
1½ teasp. salt
Pepper to taste
¼ teasp. sweet basil
¼ teasp. oregano

Heat oil in a large Corningware casserole. Brown rice slightly and remove to a dish temporarily. Add mushrooms, peppers and onion to casserole and brown slightly. Add tomatoes and water. Bring to the boil and add rice. Cover with a lid or tinfoil and bake in 180° C oven for 1 hour.

CUCUMBERS IN SOUR CREAM

1 recipe Mock Sour Cream
Black pepper to taste
2 tablesp. chopped parsley
1 small onion, finely sliced
2 cucumbers, peeled and sliced thinly
1 teasp. salt
1 teasp. sugar

Sprinkle cucumbers and onions with sugar and salt. Place in refrigerator for about 3 hours. Drain off water that has accumulated. Mix with Mock Sour Cream, parsley and black pepper. Taste for seasoning.

BEAN LOVERS' SALAD

500 g assorted canned beans
1 tablesp. thinly sliced green pepper
1 tablesp. thinly sliced spring onion
1 tablesp. thinly sliced red pimento
1 tablesp. sugar
1 teasp. salt
¼ teasp. pepper
12 thinly sliced radishes
125 ml oil
60 ml vinegar

Drain beans and mix juice with vinegar, salt, sugar, pepper and oil. Pour over beans and vegetables and marinate in refrigerator for at least 3 hours before serving.

To serve, line a bowl with lettuce leaves and dish the beans into these with a slotted spoon.

MARINATED MUSHROOMS

500 g fresh mushrooms
250 ml oil
60 ml lemon juice
60 ml vinegar
125 ml chopped spring onions
125 ml chopped parsley
1 teasp. salt
½ teasp. black pepper

Wash and slice mushrooms thinly. Beat oil, lemon juice and vinegar with salt and pepper. Layer sliced mushrooms, parsley and spring onions in earthernware bowl and pour over oil mixture. May be used after a few hours, or may be refrigerated for up to a week.

The mushrooms may also be used whole and then served with drinks on small skewers. Remaining marinade can be used as a salad dressing or on cold cooked small potatoes as a salad.

JAMAICAN SWEET POTATOES

1 small tin apricots
1 small tin pineapples
1 small tin pears
1 small tin peaches
4 large sweet potatoes
125 ml oil
200 ml brown sugar
4 teasp. curry powder

Par-boil sweet potatoes. Peel and slice in 12,5 mm slices. Drain fruits. Place in a greased ovenproof dish in alternate layers with the potatoes. Add oil and sprinkle with sugar and curry. Bake for 1 hour in 180° C oven.

Very good served with a turkey.

MUSTARD STEAK

6 steaks for grilling
250 ml dry white wine
6 teasp. strong mustard — Dijon type
6 finely chopped spring onions
Salt and pepper
2 tablesp. oil
Oil for grilling

Gently simmer the wine, spring onions and mustard in a heavy pot for about 10 minutes.

Rub a little oil on the steaks and grill or fry them to the correct degree of doneness. Salt and pepper after steaks have been turned.

Reheat sauce and add 2 tablespoons oil. Pour over steaks and serve with baked potatoes.

VEAL BIRDS WITH PINE NUTS

Stuffing:

2 tablesp. oil
2 chopped spring onions
125 ml chopped mushrooms (very finely chopped)
2 tablesp. finely chopped parsley
3 tablesp. bread crumbs
1 tablesp. dry white wine
½ cup pine nuts (or pistachio nuts)
Salt and pepper to taste
2 unbeaten egg whites

Brown spring onions and mushrooms lightly in oil. Remove from heat and add parsley, breadcrumbs, wine, salt and pepper. Mix well and add nuts and egg whites.

Lay 6 thin veal fillets flat and season with salt and pepper. Spread stuffing in centre and role veal, folding in edges. Secure with cotton. Roll in ½ cup of flour and brown in 2 tablespoons oil in a heavy skillet, large enough to hold the veal birds side by side. Do not allow to get too brown. Add 125 ml dry white wine, cover and simmer gently for about 40 minutes until tender. Turn often.

When ready to serve, remove the veal birds and keep warm on a serving platter. Add about 80 ml water and 2 tablespoons sherry and simmer with pan juices for a few minutes.

Remove cotton from birds and spoon the sauce over. Serve immediately with rice and green salad. Broccoli goes well with this dish.

SALT-FREE SPAGHETTI BOLOGNAISE

500 g minced lean beef
4 tablesp. oil
1 chopped onion
2 teasp. chopped parsley
12 chopped fresh mushrooms (medium size)
1 clove chopped garlic
½ teasp. basil
1 bay leaf
1 teasp. sugar
½ teasp. oregano
¼ teasp. allspice
Pepper to taste
6 large tomatoes, peeled and chopped

Fry meat in hot oil until slightly browned. Add rest of the ingredients, except the tomatoes, and saute for 10 minutes. Add the tomatoes and simmer for 1 hour.
P.S. If on a very strict low-salt diet, do not cook spaghetti with salt.

Serve the Bolognaise sauce on spaghetti.

SALT-FREE BAKED LAMB CHOPS

6 lean lamb chops
250 ml crushed pineapple
1 teasp. grated orange rind
2 tablesp. chopped fresh mint
½ teasp. ground ginger
125 ml pineapple juice
2 tablesp. vinegar

Preheat oven to 180° C.

Place chops in a greased baking dish. Mix all ingredients except pineapple juice and vinegar, and pour over the chops. Bake for about 45-50 minutes, then add heated pineapple juice and vinegar. Continue baking until tender.

Serve with salad and rice.

COLD CHICKEN

as served at **Fijian Resort**

3 baby chickens, split in half

Marinate overnight in:

125 ml soya sauce
125 ml vinegar
1 crushed clove garlic
⅛ teasp. freshly ground black pepper

Place chicken and marinade in heavy pot and bring to the boil. Cover and simmer for about 30 minutes, until tender and almost all the liquid is evaporated.

Serve cold with bananas dipped in lemon juice, cubed apple, cubed pineapple and 1 tablesp. chopped ginger. These fruits can be mixed together and served in pineapple shells. Arrange on a large wooden tray with the chicken halves on leaves; it is a most spectacular dish for a cold buffet. A cold rice ring goes very well with this Fijian dish.

HUNTER'S CHICKEN

2,5 kg chicken pieces
Salt and pepper
2 cloves garlic
250 ml oil
1 chopped onion
1 kg tin canned tomatoes
250 ml dry white wine
1 teasp. brown sugar
1 teasp. caraway seeds
½ teasp. cinnamon
3 bay leaves
370 g tin tomato paste

Dry chicken very well. Season with salt and pepper. Heat oil and garlic in heavy skillet. When garlic is brown, remove and discard. Brown chicken on all sides, adding more oil if necessary. Remove chicken to a large casserole.

To the oil left in the skillet (there should be about 60 ml) add the onion and fry slowly until just soft. Add rest of the ingredients, cover skillet and simmer slowly for 20 minutes.

Add sauce to chicken in casserole, cover and simmer until tender (about 45 minutes). Remove bay leaves, and serve this dish with rice or on noodles.

SALT-FREE CHICKEN CACCIATORE

1 kg chicken breasts
60 ml oil
1 large onion, chopped
2 tablesp. chopped green pepper
125 ml white wine, dry
1 bay leaf
¼ teasp. rosemary
¼ teasp. basil
Pepper to taste
1 large garlic clove, crushed
4 large tomatoes, skinned and chopped

Fry chicken in oil until light brown — about 20 minutes. Remove to baking dish.

Add onion and green pepper to oil and fry until tender. Stir in wine and remaining ingredients. Add to chicken, cover and bake in 180° C oven until chicken is tender — about 30 minutes.

Serve with noodle shells and a tossed salad with a salt-free dressing.

SALT-FREE LAMB CHOPS

1. Rub lamb chops with garlic and lemon juice, after removing the fat. Brush lightly with oil and grill until done as desired.
2. Dip chops in ginger and strong black coffee. This is a very interesting flavour and the salt is not missed at all.
3. Rub lean lamb chops with any herbs of your choice, for example, allspice, sweet basil, ginger or oregano. Brush lightly with oil before grilling.
   Serve with a tossed salad with a dressing flavoured with the herb used for the chops.

LEMON-BAKED CHICKEN

1 chicken — 1,5 kg cut into serving portions
1 garlic clove, crushed
½ teasp. salt
¼ teasp. pepper
3 tablesp. lemon juice
2 tablesp. oil

Preheat oven to 180° C.

Place chicken in an oiled baking dish and cover with rest of the ingredients. Cover and bake until tender — about 40 minutes, basting occasionally. Uncover dish and bake for another 10 minutes to allow chicken to brown.

Sprinkle with chopped parsley and serve hot.

CHICKEN MANDARIN

1 chicken — 1,5 kg, cut into serving pieces
60 ml flour seasoned with salt, pepper and ginger
4 tablesp. oil
4 tablesp. lemon juice
125 ml orange juice
3 tablesp. honey
½ tablesp. soya sauce
½ tablesp. ground ginger
1 small tin mandarins, with juice

Dry chicken well and coat with seasoned flour.

Heat oil in a pan and brown chicken pieces. Drain mandarins and set pieces aside. Mix juice from mandarins with rest of the ingredients and pour over the chicken in the pan. Cover and let simmer for 30 minutes, or until tender. Add mandarin sections and let cook through for 5 minutes.

Serve with rice.

MEXICALLI MINCE

700 g lean minced beef
2 tablesp. oil
1 clove garlic, crushed
1 large onion, chopped
1 green pepper, chopped
6 sprigs parsley, chopped
60 ml seedless raisins
60 ml sliced, blanched almonds
15 sliced stuffed olives
2 tablesp. chopped gherkins
1 bay leaf
1 teasp. salt
¼ teasp. pepper
125 ml tomato paste
60 ml dry red wine

In large pan, saute onion, green pepper and parsley in oil until just soft. Add beef and stir to break up lumps. Add rest of ingredients and simmer, covered, for about 15 minutes. Stir occasionally.

Serve with rice and tossed salad.

FRUIT AND CHICKEN TROPICANO

500 ml cubed cooked chicken
2 apples, cubed
250 ml drained pineapple chunks, or fresh pineapple cubed
3 tablesp. mayonnaise
1 teasp. curry powder
60 ml chopped almonds

Toss all together and serve in individual lettuce leaves.

BAKED BARBECUED CHICKEN

2 chickens approximately 1 kg each

In a saucepan, combine the following:

2 tablesp. chopped onion
60 ml vinegar
125 ml tomato sauce
60 ml water
3 tablesp. oil
3 tablesp. worcestershire sauce
1 tablesp. mustard powder
1½ teasp. salt

Simmer for about 10 minutes.

Preheat oven to 180° C. Wash and dry chicken and place in baking pan. Pour over half the sauce and bake, uncovered, for about 40-50 minutes, basting with remaining sauce occasionally. If necessary, bake longer until tender.

Serve with baked potatoes and a tossed salad. Accompany with garlic bread if desired.

This is very useful if you have planned a chicken barbecue and the weather turns against you!

CHICKEN COSTA BRAVA

1 chicken, approximately 1,5 kg cut into portions

Brown chicken in 2 tablespoons oil in a heavy pan. Salt and pepper pieces. Remove chicken and in the same pan put the following:

1 crushed garlic clove
125 ml chopped onion
125 ml chopped green pepper

Brown lightly and place in a casserole with the browned chicken.

Add:

125 ml white wine
750 g tin of tomatoes, using only half the juice
½ teasp. thyme
2 bay leaves

Cover casserole and bake in 180° C oven for about 1 hour, or until chicken is tender.

Serve with peas and fried rice.

LAMB CHOPS WAIKIKI

6 lean shoulder of lamb chops
250 g pineapple chunks (canned)
80 ml soya sauce
80 ml vinegar
1 teasp. mustard powder
80 ml brown sugar
1 teasp. maizena (corn starch)
1½ tablesp. oil

Place chops in shallow glass dish. Drain pineapple and put aside. Combine pineapple syrup, soya sauce, vinegar and mustard and pour over chops. Cover and refrigerate for about 4-6 hours, turning chops occasionally.

Drain chops and reserve marinade. Heat oil in skillet and brown chops. Add 80 ml of the marinade, cover skillet and cook over low heat for about 35-40 minutes, until tender.

Mix sugar, maizena and remaining marinade in small pot. Heat and stir until boiling. Reduce heat and simmer for 5 minutes. Add pineapple chunks and heat through. Pour sauce over chops and serve with rice and green salad.

This is equally good with chicken instead of chops.

SAUER BRATEN

(Quick and easy method)

1,5 kg lean boneless brisket (or scotch fillet)
250 ml water
250 ml vinegar (brown)
1 large onion, sliced
4 bay leaves
16 gingersnaps soaked in 125 ml boiling water
Salt and pepper to taste
Ginger

Season meat with salt, pepper and ginger. Place in large heavy roasting pot (Dutch oven) with small quantity of oil and brown quickly on top of stove. This should take only about 5 minutes on each side.

Preheat oven to 220° C. Pour vinegar and water over roast, arrange onion slices and bay leaves over meat, cover and place in hot oven. After 15 minutes reduce heat to 180° C and cook for 1½ hours. Add ginger snaps and cook for a further 30 minutes.

Remove meat from gravy and slice thinly as possible. Pour gravy over and serve with red cabbage and apple sauce.

BAVARIAN MEAT BALLS

500 g lean minced beef
200 ml coarse bread crumbs
125 ml grated onion
2 teasp. salt
¼ teasp. pepper
80 ml lemon juice
25 ml water
60 ml oil
625 ml strong beef stock (or 4 cubes dissolved in 625 ml water)
125 ml brown sugar
200 ml crumbed gingersnaps

Mix meat, crumbs, onion, salt, pepper, water and half of the lemon juice. Mix well with wooden spoon or in Mix Master, and form into 25 mm balls.

Heat oil in pan and brown meat balls. Remove from pan. To drippings in pan add beef stock, sugar and gingersnap crumbs. Bring to boil, add meat balls and simmer covered for about 10 minutes. Uncover and cook for further 5 minutes. Serve over noodles, sprinkled with poppy seeds.

BEEF 'N RICE

1 chopped onion
1 chopped green pepper
1 tablesp. oil
500 g lean minced beef
1 teasp. salt
¼ teasp. black pepper
1 teasp. prepared mustard
2 teasp. tomato sauce
1 teasp. worcestershire sauce
750 ml cooked rice
1 tin canned tomatoes, or 4 peeled and chopped fresh tomatoes

Cook onion and green pepper in oil until just soft, but not brown. Add beef and seasonings and stir until meat begins to brown slightly. Stir in rice, tomatoes, tomatoe sauce and worcestershire sauce. Mix well and simmer over low heat, covered, for 15 minutes.

Serve with garlic bread and a green salad.

CARIBEAN BEEF SPARE RIBS

1 kg lean beef ribs
1 large onion, grated
2 tablesp. worcestershire sauce
125 ml water
250 ml canned peaches, finely chopped
Juice of 1 lemon
4 tablesp. brown sugar
2 tablesp. brown vinegar
½ teasp. paprika
1½ teasp. salt
½ teasp. pepper

Preheat oven to 220° C. Place beef ribs on rack in roasting pan. (It is most important to use a rack, as in this way the fat drips into the pan and must be disposed of.) Roast for 30 minutes. Meanwhile, cook the rest of the ingredients slowly in a pot until thickened, stirring constantly.

Remove ribs from rack, pour away fat from roasting pan, place ribs in roasting pan with sauce poured over. Reduce heat to 180° C and roast, uncovered, basting occasionally for another hour, or until ribs are tender.

CRUMB CRUST

For one 225 mm pie crust.

250 ml crumbs (cornflakes, Marie biscuits, or gingersnaps)
60 ml sugar
2 tablesp. oil
¼ teasp. cinnamon

Preheat oven to 180° C.

Mix crumbs with oil, sugar and cinnamon until well blended. Press carefully into pie dish, covering bottom and sides. Bake for 10 minutes. Cool and fill as desired with a filling that requires no further baking.

If a filling that requires baking to be used, do not bake pie-crust first.

LEMON CHIFFON TART

1 225 mm baked and cooled pastry shell
1 small packet lemon flavoured jelly
200 ml boiling water
2 teasp. grated lemon rind
125 ml sugar
125 ml skim milk powder
125 ml ice water
3 tablesp. lemon juice

Dissolve jelly in boiling water, add grated rind and half the sugar. Stir well. Cool about 20 minutes, until it is the consistency of unbeaten egg white.

Place the skim milk powder and ice water into a mixing bowl of a Mix Master and beat at high speed for 3-4 minutes until it forms peaks. Add lemon juice and continue beating. Add the remaining sugar gradually and continue beating until stiff. Fold in jelly mixture thoroughly. Pour into cold pastry shell and chill until firm. This will take about 3 hours.

The tart may be decorated with mock whipped cream.

APPLE CRUMBLE

6 large cooking apples
125 ml brown sugar
2 tablesp. orange juice
1 tablesp. lemon juice
Grated rind of one orange
½ teasp. nutmeg
½ teasp. cinnamon

Peel, core and slice apples and mix with above ingredients. Pack firmly into a deep pie-dish.

Crumble:

250 ml flour
125 ml brown sugar
¼ teasp. salt
6 tablesp. very cold margarine

Cut margarine into small pieces and toss with flour, sugar and salt. Sprinkle over apples and press down. Bake in 190° C oven for 45 minutes, or until apples are soft.

Serve warm with Mock Whipped Cream.

LOW CHOLESTEROL PIE-CRUST

Sufficient for one double or two single shells (225 mm)

750 ml sifted flour
1 teasp. salt
125 g very chilled margarine
1 tablesp. oil
200 ml ice water

Resift flour with salt. Cut margarine into pieces and work into flour with a pastry blender until very fine crumbs form. Add oil and work through crumbs with pastry blender.

Sprinkle half the ice water onto flour mixture and stir with a fork. Sprinkle remaining water and work into a ball using your fingers very lightly. If dough feels too dry, add a few drops of water. Be careful not to use too much water or pastry will be tough.

Chill dough for 30 minutes before using.

Roll and line pie dish as with normal pastry and bake blind, or use unbaked, depending on the filling to be used.

Bake in 180° C oven for 15 minutes, or until golden brown.

A little oil brushed on the pie crust top gives a good colour.

TART PASTRY

(for 2 pies 225 mm each)

500 ml flour
1¼ teasp. salt
160 ml oil
3 tablesp. cold skim milk

Preheat oven to 220° C.

Sift flour and salt together in mixing bowl. Mix oil and milk together and pour all at once onto flour. Stir gently with a fork until blended. You may have to add a little more milk to hold dough together. Divide dough into two bails. Refrigerate for 30 minutes to make dough more workable.

Flatten one ball slightly and place on a sheet of wax paper. Put another sheet of paper on top and roll out with rolling pin. Do not roll too thin. Remove top sheet of paper and turn dough onto a pie plate (225 mm). Remove paper now on top of the pastry and ease the dough into the pie plate. Trim and flute edges with a fork.

This crust can be refrigerated before filling, or baked blind, to be filled with a ready-cooked filling.

The second ball of pastry can be used as a top crust for a closed pie.

ORANGE SHERBET

60 ml sugar
250 ml water
½ teasp. gelatine
1 tin concentrated frozen orange juice (180 g)
½ teasp. orange liqueur
1 egg white

Dissolve sugar in water slowly on moderate heat. Bring almost to boiling point.

Meanwhile soften gelatine in a little extra cold water. Add to sugar syrup. Stir until dissolved. Cool and add orange juice and liqueur. Stir well.

Pour into ice-cube tray and freeze for about 1 hour. Remove from freezer and scoop into bowl.

Beat egg white until stiff, stir up the frozen orange mixture and fold in egg white. Mix well. Return to freezer until set.

APRICOT SUPREME

250 g dried apricots
500 ml boiling water
1½ tablesp. gelatine
60 ml cold water
125 ml sugar
125 ml orange juice
1 tablesp. orange liqueur
3 egg whites

Wash apricots, cover with boiling water and allow to stand for 2 hours. Cover pot and cook over moderate heat for about 30 minutes, or until tender. Cool slightly then mince apricots and liquid. Return puree to the pot and put on very slow heat.

Soak gelatine in cold water and when softened, add to the puree. Add sugar and orange juice to puree and stir until sugar and gelatine dissolve. Add liqueur. Keep mixture on very low heat while beating the egg white stiffly.

Mix a quarter of the egg white into the apricot mixture, then add this to the rest of the whites and fold in gently.

Pour into a serving dish and chill until firm.

POACHED PEARS IN RED WINE

1,25 l red wine
625 ml sugar
1 sliced lemon
½ teasp. cinnamon
8 firm good-quality pears

Simmer wine, sugar, lemon, cinnamon in an enamel pot for 20 minutes, covered.

Meanwhile, peel pears carefully, leaving the skin intact and cutting a slice off the bottom so that the pears will stand evenly. Rub each pear with lemon juice and drop into a bowl of cold water as soon as it is peeled. This stops any discolouration.

Place pears in boiling wine syrup and cook slowly until just tender. Turn pears often so they will be evenly coloured by the wine syrup.

When cooked, place pears upright in serving dish. Boil the syrup until reduced to half its volume, and pour over pears.

Serve chilled.

MOCK WHIPPED CREAM

1 teasp. gelatine
2 teasp. cold water
3 tablesp. boiling water
125 ml ice water (almost frozen)
125 ml skim milk powder
3 tablesp. sugar
3 tablesp. oil

Chill a small mixing bowl from the Mix Master and place ice water and milk powder in chilled bowl. Beat at high speed until peaks form.

Have ready the gelatine softened in cold water and dissolve in hot. Cool until tepid.

Add sugar to beaten milk and water and, while still beating, add the oil and gelatine. Place in freezer for about 15 minutes and then move to refrigerator until required for use.

This is a polyunsaturated substitute for cream, and closely resembles whipped cream, but is free of saturated fat.
P.S. Remember that the ice water must be really iced — just forming icicles, or else it does not whip well with the powdered milk.

PINEAPPLE CHEESE CAKE

(unbaked)

Crust: Combine

200 ml Marie biscuit crumbs
2 tablesp. melted margarine
1 tablesp. oil

Press into spring-form pan and chill, or use tart dish.

Filling:

1 small packet pineapple flavoured jelly
250 ml boiling water
750 g low-fat smooth cottage cheese
60 ml sugar
½ teasp. salt
250 g crushed pineapple, with juice
1 tablesp. water
2 teasp. maizena

Dissolve jelly in the boiling water and cool to lukewarm. In the Mix Master, mix cheese, sugar and salt very well. Slowly add jelly and mix well.

Pour into chilled crust and refrigerate until firm.

Bring crushed pineapple, juice, water and maizena to the boil, stirring constantly. Cool for 15 minutes and spread on cheese cake. Chill for at least one hour. Unmould onto serving-dish, or leave in pie-dish, if desired.

CHAMPAGNE SORBET

200 ml sugar
375 ml water
60 ml orange liqueur
1 lemon
2 oranges
750 ml champagne
500 ml strawberries, halved

Bring sugar and water to the boil and cook for 5 minutes. Cool. Squeeze the juice of the 2 oranges and 1 lemon and reserve the juice. Peel the lemon and oranges very finely and add peel to the cooled syrup together with the orange liqueur. Chill for 2 hours and then remove the peel and discard. Stir in 500 ml of the champagne and all the reserved juice. Freeze until it begins to form icicles. Beat with a rotary beater until smooth. Return to freezer and leave for a few hours, stirring occasionally.

Meanwhile sprinkle the strawberry halves with a little castor sugar and pour the remaining 250 ml champagne over them. Let stand in refrigerator for about 4 hours.

To serve, put strawberries into attractive goblets and fill with Champagne Sorbet.

This is a most refreshing and elegant dessert.

CHERRY CAKE

250 g glace cherries
560 ml flour
1 teasp. salt
2 teasp. baking powder
200 ml margarine
6 tablesp. sugar
125 ml oil
125 g ground almonds
1 teasp. vanilla essence
1 tablesp. Kirsch liqueur

Rinse syrup from cherries, using warm water. Dry on paper towels, cut in half and put in a small bowl.

Sift flour, salt and baking powder. Take 2 tablespoons of the sifted flour and add to the cherries. Toss well to coat cherries. Set aside.

In mixing bowl, cream together the sugar and margarine, then add oil gradually. Add sifted flour bit by bit then the ground almonds. Beat until batter is smooth. Add vanilla essence and Kirsch and mix again. Fold in cherries.

Grease a 225 mm cake pan with margarine, line pan with wax paper, and grease the paper. Spoon cake batter into pan and bake in a 180° C oven for 1 hour. Reduce heat to 160° C and bake for a further 45 minutes, or until cake springs back when pushed with finger.

Remove from oven and allow to cool in pan for 30 minutes before removing.

Sprinkle with icing sugar, if desired.

BAKED PEACHES

200 ml sugar
125 ml water
½ teasp. nutmeg
¼ teasp. cinnamon
2 tablesp. oil or margarine
6 large yellow cling peaches
2 tablesp. Grand Marnier (or Van Der Hum)
200 ml strawberry jam

Boil sugar, water, nutmeg and cinnamon together for 10 minutes. Remove pot from stove and add margarine or oil. Add liqueur.

Peel peaches and place in baking dish with lid. Pour syrup over peaches and cover. Bake in 180° C oven for about 20 minutes, or until tender. Baste a few times during baking.

Heat strawberry jam slightly and dilute with a little liqueur. Serve as a sauce with the peaches. Serve hot.

Can be served cold without the strawberry sauce, with sorbet or Mock whipped cream.

ORANGE COMPOTE

6 large oranges
500 ml water
250 ml sugar
¼ teasp. salt
¼ teasp. nutmeg
125 ml Grand Marnier (or more to taste)

Remove rind from oranges with a potato peeler and cut into very thin strips with a scissors. Bring water, sugar, salt and nutmeg to the boil and add orange strips. Simmer for 15 minutes, partially covered.

Meanwhile, remove the white part of the peel from the oranges and slice them into round slices. Place into a deep bowl that is heat-resistant.

When the orange syrup is ready, pour over the sliced oranges immediately. Add the Grand Marnier at once. Cover dish closely and refrigerate for at least 3 hours.

To serve, arrange slices in a crystal bowl with the strips of peel heaped over the top.

Serve with crisp biscuits — almond-flavoured preferably.

BAKED PEARS

8 canned pear halves, with juice
250 ml brown sugar
1 teasp. lemon juice
4 tablesp. chopped crystallised ginger
4 tablesp. chopped pecan nuts

Preheat oven to 180° C

Drain pears, reserving juice. Mix brown sugar, lemon juice, ginger and pecan nuts. Stuff pears with this and sprinkle lightly with ground ginger. Place in baking dish and pour pear juice over to cover bottom of dish. Bake for 15 minutes.

Serve warm with crystallised ginger sprinkled over the top, or serve cold with Mock Whipped Cream.

PINEAPPLE BAVARIAN CREME

1 tin (500 g) crushed pineapple
1 tablesp. gelatine
250 ml low-fat yoghurt (pineapple flavour)
1 egg white

Drain pineapple and reserve the juice. Soak gelatine in 60 ml cold water and dissolve in 200 ml hot pineapple juice. (Make up to required quantity with water, if necessary). Cool until it begins to thicken and add pineapple.

Whip egg white until it forms peaks, and when gelatine mixture is thickened fold in yoghurt and egg white.

Serve in individual glass dishes as a dessert.

Other fruit such as frozen strawberries can be substituted.

This Creme can also be used as a filling for a baked pie-crust, or a crumb pie-crust.

HEART'S DELIGHT MUFFINS

500 ml flour
3 teasp. baking powder
2 tablesp. sugar
1 teasp. salt
80 ml oil
2 egg whites, slightly beaten
300 ml skim milk

Preheat oven to 200° C.

Sift dry ingredients. Make a well in centre and put in, all at once, the oil, egg whites and milk. Stir only enough to dampen the flour. The batter should be lumpy.

Fill oiled muffin tins two-thirds full of batter and bake for 20-25 minutes.

As a variation, 125 ml chopped nuts can be added to the batter. For Fruity Muffins, add 125 ml chopped dates or currants. For Jam Muffins, fill patty-tins one-third full, add 1 teaspoon jam in the centre and cover with the other one-third of batter.

These are best eaten warm.

ALMOND CRESCENTS

250 g margarine
125 ml sugar
2 teasp. vanilla essence
560 ml sifted flour
250 ml chopped almonds (good quality ground almonds will do)
Icing sugar

Beat margarine and sugar together until light and fluffy. Add vanilla and beat again. Stir flour into mixture. If mixture is too soft, add a little more sifted flour. Work almonds into dough with a wooden spoon and knead into a smooth ball. Chill for 30 minutes.

Shape teaspoons of dough into long shape with fingers and then bend into crescents.

Bake on ungreased baking sheet in 160° C oven for about 15 minutes, or cookies are very pale gold. Immediately after removing from oven, sprinkle with icing sugar.

PINEAPPLE UPSIDE-DOWN CAKE

60 ml melted margarine
125 ml brown sugar
375 ml crushed pineapple
250 ml sifted flour
½ teasp. salt
200 ml sugar
60 ml oil
125 ml skim milk
1½ teasp. baking powder
2 egg whites, unbeaten
½ teasp. vanilla essence

Preheat oven to 180° C.

Pour melted margarine into a 200 mm square baking tin. Sprinkle with brown sugar and add crushed pineapple.

Sift together flour, salt and sugar. Add oil and 60 ml of the milk. Stir until flour is dampened, then beat for 1 minute. Stir in baking powder and remaining milk, unbeaten egg whites and vanilla. Beat for 2 minutes.

Pour batter over pineapple in baking dish and bake for 35-40 minutes, or until a toothpick inserted in the cake comes out clean.

Remove from oven, cool slightly and invert onto serving dish.

SESAME COOKIES

125 ml sugar
125 g margarine
1 egg white
½ teasp. vanilla
½ teasp. freshly grated nutmeg
500 ml flour
1¼ teasp. baking powder
Pinch salt
250 ml sesame seeds
200 ml ice water

Cream together margarine and sugar. Beat very well until light and fluffy. Add egg white, vanilla, nutmeg and mix well. Sift flour, salt and baking powder and gradually add to margarine mixture. Knead for a few minutes to form a smooth ball. Chill for 30 minutes.

Place ice water in one bowl and some sesame seeds in another bowl. Roll dough into small balls and dip first into water then into seeds. Shake off excess water before dipping into seeds. Place balls onto oiled baking sheet and flatten slightly with fork.

Bake in 160° C oven for about 20 minutes, or until sesame seeds just begin to turn golden. Do not allow to get too dark.

COFFEE CAKE

375 ml sifted flour
2½ teasp. baking powder
½ teasp. salt
125 ml sugar
1 egg white
60 ml oil
200 ml skim milk

Preheat oven to 190° C.

Sift flour, baking powder, salt and sugar. Mix in egg white, oil and milk. Stir until flour is moistened.

Topping:

125 ml brown sugar
125 ml chopped pecans
2 tablesp. flour
2 tablesp. oil
2 teasp. cinnamon

Mix all together. Spread half the batter in an oiled 200 mm square tin. Sprinkle with half the topping. Add the remainder of the batter and sprinkle rest of the topping over.

Bake for 30 minutes, or until done.

Serve with coffee.

PRE-BAKED NUT CRUST

250 ml flour
125 ml softened margarine
60 ml finely chopped pecan nuts
60 ml icing sugar

Preheat oven to 200° C

Mix all ingredients to a soft dough. Press firmly against the bottom and sides of a 225 mm pie dish.

Bake for 12-15 minutes until light brown.

Cool and chill in refrigerator.

This is only sufficient for one 225 mm crust.

INDEX

BEEF

Beef Curry, 149
Beef Olives, 144
Beef Satay, 132
Beef Stroganoff, 155
Cabbage Rolls A L'Orange, 144
Carrot Tzimmes with Dumplings, 157
Corned Beef with Raisins & Apples, 141
Cranberry Meat Balls, 133
Curried Banana Meatballs, 147
Curry Casserole, 148
French Steak, 156
Hawaiian Skewered Steak, 134
Japanese Pepper Steak, 138
Mexican Potroast, 153
Monkey-Gland Steak, 132
Oxtail Stew, 139
Pepper Steak, 134
Pickled Brisket Salad, 151
Pickled Walnut Brisket, 131
Prune Tzimmes, 140
Ragout of Beef, 145
Roast Beef in Wine Sauce, 135
Roast Scotch Fillet, 154
Rumanian Stuffed Cabbage Balls, 147
Satay, 136
Sauer Braten, 142
Scotch Fillet Diablo, 142
Scotch Fillet in Red Wine, 143
Steak and Kidney Pie, 157
Steak in Wine, 151
Steak in Wine, 155
Steak with Beer, 153
Sweet & Sour Satay, 135
To Pickle Beef, 152
Viennese Steak, 155
Wellington Boot, 156

BISCUITS

Almond Biscuits, 289
Almond Dainties, 284
Almond Fingers, 287
Almond Tartlets, 272
Basic Biscuit Dough, 277
Basic Cookie-Maker Biscuits, 283
Beetle Biscuits, 293
Bon-Bon Biscuits, 290
Brandy Snaps, 292
Butterscotch Biscuits, 280
Butterscotch Jewel Bars, 275
Caramel Creams, 271
Chocolate Chip Biscuits, 293
Cinnamon Twists, 275
Coconut Slices, 279
Cheese Delight, 281
Coffee Biscuits, 276
Coffee Cakes, 271
Cookie-Maker Biscuits, 283
Crunchies, 277
Crunchy Coconut Biscuits, 278
Custard Kisses, 288
Date and Nut Chews, 277
Date and Walnut Biscuits, 285
Date Cookies, 278
Date Twists, 294
Doughnuts, 280
Dutch Butter Biscuits, 291
Fruit Meringues, 292
Ginger Delights, 283
Ginger Rusks, 288
Ginger Shortbread, 287
Greek Good Luck Cookies, 272
Hedgehogs, 277
Jam Puffs, 289
Japonnaise Tarts, 285
Koeksisters, 278
Kremlers, 289
Lemon Creams, 293
Maple Biscuits, 294
Meringue Biscuits, 276
Meringue Kisses, 274
Mock Teiglach, 276
No-Bake Biscuits, 290
Nut Puffs, 292
Nutties, 284
Parava Biscuits, 279
Peanut Meringues, 282
Plain Butter Biscuits, 281
Pralines, 292
Quick Strudel, 274
Rice Crispie Biscuits, 282
Russian Nut Cookies, 291
Sawa Cookie Press Biscuits, 288
Scotch Shortbread, 294
Shortbread, 272
Shortbread, 290
Snickerdoodles, 274

Sour Cream Biscuits, 275
Strawberry Tartlets, 286
Streusel Biscuits, 285
Stuffed Monkeys, 284
Surprises, 271
Teiglach, 273
Teiglach, 286
Thimble Biscuits, 276
Toffee Nut Bars, 281
Van Der Spuytjies, 282
Vanilla Half-Moons, 279
Walnut and Strawberry Squares, 291
Walnut Bars, 280
Walnut Crescents, 273
Walnut Delights, 287

BLINTZES & PANCAKES

Asparagus Blini, 26
Blintzes with Liqueur, 198
Cheese Blintzes, 310
Liqueur Pancakes, 202
Mushroom Blinis, 28
Salmon Blini, 25
Salmon & Asparagus Blini, 25

BREAD & BUNS

Bread, 307
Butterscotch Buns, 297
Cinnamon Buns, 298
Danish Tartlets, 303
Easy Refrigerator Rolls, 299
Garlic Bread, 314
Garlic Bread, 317
Healthy Gingerbread, 319
Ideal Milk Cinnamon Buns, 303
Milchike (Yeast Buns), 300
Milk Buns, 299
Parker House Rolls, 297
Refrigerator Rolls, 302
Rolls, 307

CAKES

Almond and Apple Cake, 243
Almond Fruit Cake, 241
Apple Cake, 231
Apple Strudel, 231
Apricot Torte, 235
Banana Bread, 228
Banana Loaf, 236
Basic Swiss Roll, 229
Blitz Torte, 235
Boiled Fruit Cake, 234
Butter Cake, 229
Caramel Walnut Cake, 244
Cheese Cake, 230
Cheese Cake De Luxe, 220
Chocolate Cake, 221
Chocolate Cheese Cake, 227
Chocolate Fudge Cake, 224
Chocolate Vermicilli Cake, 224
Coffee Spice Cake, 234
Cream Cake, 248
Crumb & Walnut Cake, 222
Danish Strawberry Cake, 221
Dark Fruit Cake, 225
Date Loaf, 228
Dobosh Torte, 237
Easy Delicious Fruit Cake, 236
Featherlight Chocolate Chiffon Cake, 233
Flan Cake, 226
14 Carat Cake, 232
French Almond Cake, 242
Fruit Cake, 239
Gingerbread with Baked Topping, 233
Golden Delight Cake, 225
Graham Cracker Cake, 221
Hot Milk Sponge No. 1, 244
Hot Milk Sponge No. 2, 247
Italian Cream Cheese Gateau, 247
Kranzkuchen, 245
Lemon Chiffon Cake, 238
Loaf Cakes, 228
Madeira Cake, 239
Mahogany Chocolate Cake, 233
Marble Cake with Coconut Topping, 226
Marble Chiffon Cake, 219
Minute Cake, 219
Mocha Cake, 242
Napoleon Cake, 241
Nougat Cake, 249
Orange Fruit Cake, 240
Parava Chocolate Cake, 223
Pineapple and Cherry Cake, 230
Pineapple and Coconut Cake, 227
Pineapple Cheese Cake, 248
Pistachio Cake, 232
Rich Cherry Cake, 223
Rum Baba, 224
Rum Cream for Chocolate Cake, 223
Singing Kettle Sponge, 226
Strawberry Shortcake, 240

Struesel Cake, 222
White Fruit Cake, 229

CHICKEN

Barbecued Chicken, 118
Cantonese Chicken, 118
Chicken & Almond Salad, 104
Chicken & Pineapple, 110
Chicken & Sesame Seeds, 109
Chicken A La King, 110
Chicken A La King, 117
Chicken Bola Gai, 114
Chicken Cacciatore, 114
Chicken Cacciatore, 128
Chicken Casserole, 104
Chicken Casserole, 117
Chicken Chutney, 121
Chicken Club Monaco, 109
Chicken Curry, 107
Chicken in Orange, 103
Chicken in Wine, 122
Chicken Mediterraneo, 116
Chicken New Orleans, 118
Chicken Oregano, 127
Chicken Romana with Spaghetti, 123
Chicken Salad, 105
Chicken Salad, 106
Chicken Special K, 103
Chicken with Apples, 125
Chicken with Cherry Sauce, 119
Chicken Pie, 127
Chop Suey Salad, 111
Copacobanna Chicken, 121
Coq Au Vin, 116
Curried Chicken, 112
Curried Tomato Chicken-Rice Salad, 126
Curry Casserole, 148
Ginger Chicken, 120
Mexican Chicken, 125
Peanut Chicken, 127
Pineapple Chicken, 115
Poulet Aux Apricotines, 122
Stuffed Baby Chickens, 119
Sweet & Sour Chicken, 126
Tropical Chicken, 120

DESSERTS

After Dinner Mint Sauce, 186
Apple Charlotte, 185
Apple Filled Crepes, Hot Brandy & Fruit Sauce, 177
Apple Fritters, 192
Apple Meringues, 207
Baked Alaska, 210
Baked Apple Pudding, 199
Baked Cling Peaches, 192
Baked Oranges, 213
Baked Strawberry Crepes, 214
Bananas Flambe, 207
Bananas Flambe, 189
Biscuit Tortoni, 198
Blinzes with Liqueur, 208
Brandied Prune Fritters, 182
Brandy Foam, 178
Butterscotch Sauce, 176
Candied Banana Fritters, 180
Caramel Custard, 188
Caramel Custard, 210
Charlotte Suisse, 200
Cheese Lokshen Kugel, 195
Cherry Meringue Dessert, 215
Chic Trifle, 183
Chocolate Cheese Cake, 176
Chocolate Cheese Roll, 187
Chocolate Cream Ring, 194
Chocolate Cups (Parava), 204
Chocolate Lemon Mallow Fluff (Parava), 181
Chocolate Pudding, 204
Chocolate Walnut Dessert, 182
Creme Au Chocolat, 189
Creme Brulee, 180
Creme Patisserie, 179
Crepe Suzettes, 206
Eclair Ring, 186
Exotic Fruit Salad, 211
Flaky Chocolate Russe, 197
Fresh Melon Frappe, 193
Friandises, 206
Frozen Rum Pudding, 204
Fruit Flambe (Parava), 185
Fruit Surprise, 202
Gateau St. Honore, 201
Ginger Souffle, 179
Glazed Apples, 187
Glazed Black Cherry Cheese Tart with Maraschino Topping, 175
Golden Glory, 196
Grape Tart, 198
Grenadilla Pudding, 210
Hawaiian Bananas, 185
Ice Cream, 183
Liqueur Pancakes, 202
Lokshen Pudding, 196
Maraschino Dessert (Parava), 195

Marshmallow Pudding, 193
Mathilda's Torte, 214
Mauritian Grapefruit Cocktail, 216
Mexican Torte, 190
Mocca Russe, 213
Mousse De Marrons Glacee, 194
Orly-Whip Cassata, 182
Parava Cherry Gateau, 208
Parava Chocolate Mousse, 211
Parava Finger Biscuit Pudding, 190
Parava Fritters, 203
Parava Ice Cream, 178
Parava Melon Dessert, 191
Parava Peach Gateau, 190
Parava Pears, 189
Parava Sherry Souffle, 186
Parava Trifle, 195
Pashka, 194
Peaches & Cream Dessert, 196
Peaches Eden Roc, 178
Pear Mousse, 187
Pineapple Baked Alaska, 203
Pineapple Cream, 205
Pineapple Creme, 202
Prune Mould, 209
Rice Imperatrice, 188
Saturne Creme, 191
Shabbat Shalom, 184
Sherry Pudding, 212
Simple Fridge Dessert, 205
Simple Steamed Pudding, 216
Souffle Milanaise, 191
Souffle Monte Cristo, 199
Strawberries & Cream Cheese Roll, 183
Strawberries Melba, 185
Strawberries Romanoff, 211
Strawberry Mould, 207
Strawberry Souffle, 209
Summer Delight, 216

DUCK

Canard Au Calvados, 121
Canard Bigarrade, 123
Chinese Roast Duck, 113
Curried Duck, 112
Duck in Cointreau, 124
Duck in Molasses, 113
Duck in Pineapple & Black Cherries, 107
Duckling Singapura, 115
Duckling with Cherries, 119
Ginger Ale Duck, 111
Glazed Duck in Pineapple & Ginger, 104
Japanese Duckling Casserole, 106
Roast Duck, 128
Roast Duckling in Wine & Barley Prune Stuffing, 108
Sweet & Sour Duck Casserole, 109

FISH

Baked Fresh Scotch Salmon, 57
Baked Soles, 66
Baked Sole and Mushrooms, 57
Baked Stuffed Fish, 54
Baked Tomato Sole, 59
Cold Baked Fish, 69
Caper Sauce, 56
Court Bouillon for Poaching Fish, 60
Curried Fillets of Sole, 64
Egg & Lemon Fish, 65
Butter Sauce for Hot Fish, 61
Fillet of Hake Sarie Marais, 67
Fillets of Sole in Cream Aspic, 65
Fish in Ginger Sauce, 64
Fillets with Wine Sauce, 64
Fish Salad, 53
Fish in Pastry, 61
Fish Mousse, 68
Fish with Wine, 62
Fried Fish with a Difference, 68
Gefilte Fish, 66
Haddock Chowder, 63
Haddocks in Cream, 69
Haddock & Rice Salad, 55
Haddock Salad, 57
Haddock Vol-Au-Vents, 70
Hot Tuna, 61
Iced Fish, 67
Italian Fish Salad, 69
Salmon Mousse, 54
Salmon Mousse, 59
Sole Amandine, 62
Sole Aux Comcombres, 58
Soles Baked in Cider, 62
Sole Bonne Femme, 70
Soles in Ginger Sauce, 55
Sole in Sunny Sauce, 67
Sole Marie, 63
Sole with Asparagus, 63
Sole with Grapes, 56
Sole with Parmesan Cheese, 58
Stuffed Baked Soles, 58
Truites Aux Amandes, 59
Tuna-Broccoli Casserole, 60

Tuna Italian Style, 68
Turban of Sole Carmelite, 56
Sour Cream Sauce, 55
Whole Baked Fish, 60

HORS D'OEUVRES

Anchovy Tart, 34
Apple & Olive Hors D-Oeuvre, 17
Asparagus Blini, 26
Asparagus Mould, 298
Avocada de Luxe, 33
Caviar Cream, 24
Chicken Liver Pate, 36
Chopped Eggs, 32
Chopped Liver, 24
Creme De La Salmon, 23
Curried Eggs, 28
Egg & Onion, 35
Herrings:
- Apple & Herring Salad, 17
- Baked Herrings, 19
- Baked Herrings & Potatoes, 21
- Basic Pickled Herring, 31
- Chopped Herring, 29
- Danish Herring, 19
- Herring Babke, 30
- Herrings in Cream & Wine, 35
- Herrings in Lemon Juice, 17
- Herrings in Mustard, 16
- Herrings in Pineapple, 29
- Herring Salad, 34
- Herring Salad Cologne, 24
- Mustard Herring, 19
- Pickled Herring with a Difference, 29
- Rollmops in Mustard Sauce, 31
- Variation on Pickled Herrings, 16
- Marinated Egg & Herring, 34

Hawaiian Appetiser, 32
Hot Anchovy Hors D'Oeuvre, 25
Hot Tomato Juice with Cream, 35
Hot Stuffed Eggs with Noodles, 33
Hungarian Cheese, 301
Leek Quiche, 15
Melon Surprise, 20
Melon & Fish Hors D'Oeuvre, 17
"Mock" Chopped Herring, 15
Mock Crayfish, 20
Mushroom Blinis, 28
Mushroom Tart, 30
Onion Quiche, 18
Onion Tart, 18
Pimento Appetizer, 32
Pizza Brochettes, 35
Pizza Pie, 27
Salmon & Asparagus Blini, 25
Salmon Blini, 25
Salmon Blinzes, 26
Salmon Hors D'Oeuvre, 25
Salmon Mousse, 15
Salmon Mousse, 54
Salmon Mousse, 59
Sardine Hors D'Oeuvre, 21
Savoury Cheese Tart, 22
Savoury Filled Eclairs, 27
Scandinavian Perogen, 30
Sea Food Sauce, 33
Snoek Salad, 23
Tuna Hors D'Oeuvre, 32
Tuna Pate, 16
Tuna Sensation, 21
Tunny Fish Pate, 31
Quick-'n-Easy Pizzas, 33

ICINGS, FILLINGS & TOPPINGS

After Dinner Mint Sauce, 186
Apricot Filling, 236
Brandy Fruit Sauce, 177
Butter Cream Cake Filling, 27
Butterscotch Sauce, 176
Chocolate Butter Icing, 246
Chocolate Glace Icing, 244
Filling for Hot Milk Sponge, 246
Fillings for Hot Milk Sponge, 243
Ginger Sauce, 257
Glace Icing, 248
Hot Fudge Sauce, 187
Hot Fruit Topping, 184
Maraschino Topping, 222
Mocha Frosting, 222
Mocha Icing, 237
Mock Cream, 236
Nougat Gateau Filling, 239
Nut Brittle, 181
Orange Icing, 247
Parava Almond Frosting, 245
Parava Apricot Frosting, 248
Parava Cherry Frosting, 192
Parava Mock Cream, 200
Pineapple & Ginger Marshmallow Sauce, 212
Rum Cream for Chocolate Cake, 223
Seven Minute Nut & Honey Icing, 238
Streusel Topping for Coffee Cake, 242

LAMB & MUTTON

Curried Chops & Rice, 146
Curried Mutton Chops, 154
Curry Casserole, 148
Lamb Chops with Cucumber Sauce, 152
Mutton Curry Supreme, 146
Sosaties, 149

LIGHT MEALS

Asparagus Mould, 298
Brawn, 137
Broccolli Casserole, 317
Cheese Fondue, 302
Cheese Pudding, 316
Cheese & Tomato Lunch Pie, 312
Chicken & Almond Salad, 104
Chicken Livers & Mushrooms, 126
Chicken Salad, 105
Chicken Salad, 106
Chicken Pie, 127
Creamed Mushrooms on Toast, 89
Curried Eggs, 318
Danish Macaroni & Cheese, 313
Energy Drink, 308
Egg & Onion Scramble, 312
Eggs for Supper, 314
Helzel, 111
Mexican Toasted Cheese, 315
Mushroom Omelette, 305
Omelette Aux Champignons, 309
Pickled Brisket Salad, 151
Savoury Bread Pudding, 311
Toasted Cheese, 316
Tongue Potato Salad, 137
Veal Salad, 133
Welsh Rarebit, 299
Welsh Rarebit, 309

LIVER

Chicken Liver Pate, 36
Chicken Livers & Mushrooms, 126
Liver in Tomato Sauce, 150
Marinated Chicken Livers, 138
Chopped Liver, 24

LOW CHOLESTEROL

Almond Crescents, 348
Apple Crumble, 342
Apricot Supreme, 344
Baked Barbecued Chicken, 339
Baked Lamb Chops, 336
Baked Peaches, 347
Baked Pears, 347
Basic Cheese Sauce, 327
Basting for Chicken, 326
Bavarian Meat Balls, 341
Bean Lovers' Salad, 334
Beef 'n Rice, 341
Braised Kob Delice, 329
Caribean Beef Spare Ribs, 341
Champagne Sorbet, 346
Cold Chicken, 336
Cold Salmon Mousse, 328
Cheese Toast, 327
Cherry Cake, 346
Chicken Cacciatore, 337
Chicken Costa Brava, 339
Chicken Mandarin, 338
Coffee Cake, 350
Cold Tomato Soup, 323
Crumb Crust, 342
Cucumbers in Sour Cream, 334
Curried Sole Amandine, 330
French Toast, 326
Fried Rice Acapulco, 333
Fried Sweet Potatoes, 332
Fruit & Chicken Tropicano, 339
Grilled Kingklip Piquant, 331
Grilled Sole in Tartar Sauce, 331
Heart's Delight Muffins, 348
Herb Dressing, 323
Herbed Bread Sticks, 326
Hunters Chicken, 337
Jamaican Sweet Potatoes, 335
Lamb Chops, 337
Lemon-Baked Chicken, 338
Lemon Sauce for Fish or Chicken, 326
Lemon Chiffon Tart, 342
Lamb Chops Waikiki, 340
Low Cholesterol Batter, 323
Low Cholesterol Pie-Crust, 343
Marinated Grilled Fish, 331
Marinated Mushrooms, 334
Mexicalli Mince, 338
Mock Sour Cream, 327
Mock Whipped Cream, 345
Mustard Steak, 335
Orange Compote, 347
Orange Sherbet, 344
Oven-Cooked Rice (Salt-free), 329
Pineapple Bavarian Creme, 348
Pineapple Cheese Cake, 345
Pineapple Salt-free Sauce for Cold Meat or Chicken, 324

Piquant Sauce for Cold Meats, 325
Pineapple Upside-down Cake, 349
Poached Pears in Red Wine, 344
Pre-Baked Nut Crust, 350
Quiche Delice, 324
Red Roman A L'Orange, 328
Salt-free Cherry Sauce for Basting Chicken, Veal, Beef, 325
Salt-free Marinade for Pot-Roasted Poultry and Beef, 325
Salt-free Salad Dressing, 323
Salt-free Spaghetti Bolognaise, 336
Salt-free Steak Marinade, 325
Salt-free Vegetables, 332
Sauer Braten, 340
Sesame Cookies, 349
Sole Teriyaki, 329
Stuffed Whole Fish, 330
Tart Pastry, 343
Veal Birds with Pine Nuts, 335
Vinaigrette Sauce, 327

PASSOVER

Almond Balls for Soup, 162
Almond Tart, 167
Almond Macaroons, 168
Almond Pudding, 170
Apple Charlotte, 165
Apple Gateau, 170
Apple Tart, 164
Banana Cake, 166
Beetroot Preserves, 171
Butter Biscuits, 166
Breakfast Pancakes, 171
Cheese Blintzes, 163
Cheese Cake, 166
Chicken in Orange and Almonds, 163
Chicken & Latkes, 165
Chocolate Nut Cake, 167
Coconut Macaroons, 162
Cream Puffs, 169
Custard Filling, 169
Duck 'n Orange Sauce, 164
Extra-light Kneidlach, 162
Filled Potato Pudding, 171
Ginger Fluff Cake, 169
Kneidlach, 161
Matzo Fritters, 161
Nut Cake, 168
Nut Cookies, 171
Orange Nut Cake, 163
Pesach Biscuits, 165
Pesach Biscuits, 170
Passover Cake, 164
Potato Pancakes, 166
Rock Cakes, 167
Shortbread, 167
Sponge Cake, 169
Stuffed Kneidlach, 161
Sweet Potatoes, 168
Verenikes, 162
Wine & Nut Cake, 168

PASTA, LOKSHEN & RICE DISHES

Bahmie Goreng, 133
Cheese Cannelloni, 313
Cheese Lokshen Kugel, 195
Chicken Ramana with Spaghetti, 123
Cream Cheese Noodles, 311
Fabulous Meatless Lasagne, 308
Fried Rice, 122
Lokshen Pudding, 196
Nasi Goreng, 135
Noodles Supreme, 314
Pilaf, 125
Piquant Spaghetti, 311
Spaghetti Bolognaise, 153

PASTRY

Parava Flaky Pastry, 300
Parava Short Pastry, 300
Pastry for Savouries, 315
Perogen Pastry, 315
Soda Water Pastry, 316

PIGEON

Pigeon on Noodles, 108
Pigeon with Mushrooms, 103
Stuffed Pigeon, 124

SALADS

Anchovy Egg Salad, 93
Asparagus Supreme, 85
Avocado Pear Salad, 81
Baby Marrow Salad, 93
Banana Waldorf Salad, 94
Beet-ring Salad, 97
Beetroot Salad, 79
Beetroot Salad, 93
Buffet Salad, 97
Cabbage Salad, 77
Cabbage Salad, 82
Cabbage Salad in Cream, 91
Caesar Salad, 75

Carrot and Raisin Salad, 94
Cauliflower Salad, 92
Cheese Salad, 78
Chinese Cucumber Salad, 76
Chopped Salad, 93
Cucumber Salad, 91
Cucumber Salad, 92
Cucumber Salad, 95
Curried Rice Salad Mould, 86
Eastern Salad, 79
Egg & Tomato Salad, 94
Eggplant Salad, 80
Green Bean Salad, 79
Green Bean Salad, 84
Green Pepper Cole Slaw, 96
Green Rice, 83
Greek Cabbage Salad, 97
Greek Salad, 91
Hearty Salad, 80
Hungarian Salad, 89
Insalata, 78
Instant Cucumbers, 90
Italian Vegetable Salad, 78
Japanese Radish Salad, 77
Leek Salad, 91
Macaroni and Cheese Salad, 80
Moulded Potato Salad, 90
Orange Salad for Duck, 112
Pickled Mushroom Salad, 99
Pineapple Grape Slaw, 96
Potato Salad, 81
Rice Salad, 85
Rice Salad, 90
Rice Salad, 92
Salad Nicoise, 75
Sour Cream Cucumber Salad, 77
Sour Cream Potato Salad, 77
Spring Potato Salad, 78
Tomato Sherbet, 92
Waldorf Salad, 95
Yoghurt Salad, 76

SALAD DRESSINGS

Avocado Dressing, 73
Basic French Dressing, 74
Blender Mayonnaise, 74
Caviar Dressing, 73
Cheese Salad Dressing, 305
Curry Yoghurt Dressing, 73
Dressing for Green Salad, 79
Frothy Pink Dressing, 74
Honey Dressing, 73
Indian Dressing, 74
Italian Dressing, 80
Mayonnaise Dressing, 98
Nicoise Dressing, 98
Salad Dressing (Basic), 98
Southern Dressing, 98
Tartar Dressing, 98
Uncooked Salad Dressing, 76
Vinaigrette Sauce, 74
Yoghurt Salad Dressing, 73

SAUCES, STUFFINGS, MARINATES, ETC.

Barbecue Sauce, 111
Butter Sauce for Hot Fish, 61
Barley and Prune Stuffing, 108
Baste for Chicken Braai, 104
Caper Sauce, 56
Cheese Sauce, 22
Chicken Barbecue Sauce, 117
Chinese Gravy, 143
Coconut Milk, 132
Court Bouillon for Fish, 60
Glaze for Roast Beef or Mutton, 318
Japanese Sauce, 120
Marinade for Grilled Chicken, 105
Marinade for Meat, 151
Mint Sauce, 317
Mock Crayfish Sauce, 23
Mock Crayfish Sauce, 29
Mushroom Sauce, 138
Mushroom Stuffing for Duck, 113
Sauce for Basting Roasts, 151
Sauce for Chops, 142
Seafood Sauce, 33
Simple Barbecue Sauce, 140
Sour Cream Sauce, 55
Stuffing for Roast Turkey, 105
White Sauce Chart, 312

SAVOURIES

Anchovy Tart, 34
Cheese Polpettine, 22
Mushroom Tart, 30
Pizza, 301
Pizza Brochettes, 35
Pizza Pie, 27
Pumpernickel Rounds, 318
Quick-'n-Easy Pizzas, 33
Saltstangen, 304
Savoury Rolls, 310
Savoury Filled Eclairs, 27
Scandanavian Perogen, 30

SCONES, MUFFINS, ETC.

Cheese Puffs, 318
Cheese Scones, 304
Cheese Straws, 310
Cinnamon Toast, 314
Flapjacks, 309
Golden Puffs, 317
Hot Tea Muffins, 304
Muffins, 303
Scones, 306
Sour Cream Pancakes, 307
Sour Milk Latkes, 316
Super Scones, 306

SOUP ACCOMPANIMENTS

Egg Drops for Soup, 40
Matzo Balls, 45
Perogen, 48
Soup Mandelach, 39
Triflech for Chicken Broth, 49

SOUPS

Avocado Soup, 39
Baby Marrow Soup (Zuccini), 43
Blender-made Gazpacho, 39
Chicken Soup, 40
Chicken Soup A La Grecque, 41
Cold Beetroot Soup, 43
Creme of Tomato Soup Ou Vermouth, 49
Fish Soup, 41
Fish Soup, 41
Fresh Tomato Soup, 43
Gazpacho, 42
Gazpacho, 44
Hot Beetroot Soup, 47
Hungarian Goulash Soup, 48
Iced Fruit Soup, 49
Iced Pea Soup, 46
Leek and Pumpkin Soup, 46
Milk Vegetable Soup, 45
Minestrone, 46
Minestrone (Meatless), 40
Oxtail Soup, 42
Oxtail Soup, 45
Quick French Onion Soup, 44
"Schav" (Sorrel & Spinach Soup), 42
Sweet & Sour Chicken Soup (Greek), 49
Vichyssoise, 44

TARTS, PIES

Apricot Cheese Tart, 254
Brandy Tart, 253
Cheese Tart, 255
Cherry Pie, 258
Chinese Tart, 266
Coconut Walnut Tart, 255
Custard Apple Tart, 260
Date Meringue Tart, 255
Farfel Apple Tart, 263
Farfel Banana Pie with Ginger Sauce, 257
Fruit Kranzkuchen, 257
Fruit Tarts, 259
Fruit Twist, 261
German Tart, 266
Ginger Tart, 263
Glazed Cheese Tart, 256
Grape Tart, 198
Hungarian Apple Pie, 197
Hungarian Apple Pie, 253
Lemon Cheese Tart, 261
Milk Tart, 259
No-Bake Grenadilla Tart, 265
Nut Tart, 258
Pecan Nut Pie, 212
Pineapple Cheese Tart, 256
Pineapple Tart, 262
Pre-baked Tart Shell, 264
Raisin Pie, 205
Rum Pie, 193
Rum Tart, 258
Southern Pecan Pie, 265
Strawberry Tart, 267
Streusel Cream Peach Pie, 262
Toni's Favourite Cheese Tart, 260
Unbaked Cheese Tart, 265
Viennese Fruit Tart, 254

TONGUE

Fruity Pickled Tongue, 150
Sweet & Sour Tongue, 131
To Pickle Tongue, 152
Tongue Potato Salad, 137
Tongue with Raisin Sauce, 134

VEAL

Blanquette De Veau, 148
Escalope De Veau Marichal, 141
Florentine Veal, 140
Fried Veal Chops, 141

Sauteed Veal, Mushrooms & Tomatoes, 158
Stuffed Shoulder of Veal, 139
Veal & Mushrooms, 150
Veal in Soya Sauce, 145
Veal in Tomato Sauce, 137
Veal Italienne, 143
Veal Patties with Tomatoes, 131
Veal Salad, 133
Veal Satay, 136
Veal Scaloppine, 145
Vienna Schnitzel, 146
Vienna Schnitzel, 136

VEGETABLES

Baked Pineapples, 87
Baked Tomato, 79
Bananas Carribean, 87
Cabbage & Apples, 88
Casserole of Potatoes and Apples, 88
Cauliflower and Tomato Souffle, 84
Cauliflower, Creme Moutarde, 82
Chinese Hot Sweet-Sour Carrots, 83
Chinese Rice, 86
Creamed Spinach, 95
Duchess Potatoes, 88
Fried Bananas, 90
Hawaiian Baked Rice, 85
Mexican Rice, 96
New Orleans Potatoes, 76
Oranges and Sweet Potatoes, 87
Potato Casserole, 98
Potato Kugel, 88
Potato Latkes, 81
Potato and Mushroom Scallop, 83
Potato Savoury, 86
Prunes and Sweet Potatoes, 94
Red Cabbage and Apples, 89
Red Cabbage Sauce, 87
Risotto, 86
Spanish Rice, 85
Stuffed Onions, 84
Stuffed Savoury Apples, 84
Sweet and Sour Red Cabbage, 82
Tel Aviv Cabbage Stew, 75

WHAT NOT

Mock Chicken Fat, 316
Penang Curry Powder, 311
Whole Orange Preserve, 301